

CO-OP LEARNING

AYURVEDA

THE SIX TASTES

SWEET

SALTY

PUNGENT

ASTRINGENT

BITTER

SOUR



Wednesday, Sept 13 6-7:30pm

Learn how to cook with six tastes in every meal for the harmonious digestion and enjoyment of food

Presented by Whitney Erwin, M.Ed., CMT, of Four Seasons Harmony | \$10/\$5 for owners | Register online or in-store

150 East Wolfe Street | Open Daily 8am-9pm | 540.801.8882 | friendlycity.coop