



An Indian Vegetarian Cooking Class

Saturday, April 29 6:30 -9:30pm

Join us for an intimate and joyful evening as Chef Sandhiya shows you how to easily prepare a delicious and well-balanced 4 course Indian meal, inspired by the spices of the Indian subcontinent – spices that not only add flavor, but also offer immense health benefits

Pricing – Early bird \$75 until 04/20 ~ Regular \$85

Includes Cooking class, recipes, dinner, masala chai, light appetizers, spice-gift

At the Spice Merchants in Laguna Beach – 1175 S Coast Hwy

Limited space available - rsvp & pre-registration required

Contact : sandhiya@greenlotuswellness.com or 949.842.7504

