

MOM presents . . .
**Ayurvedic Nutrition
in Wise Earth Tradition**



— SCHEDULE OF CLASSES —



Swamini Mayatitananda

**MOTHER OM
MISSION**

(Marine Funding Building)
108-05 Liberty Avenue
Richmond Hill, New York 11419
(Queens)

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2312 Bruckner Blvd. • Bronx, NY

Information:
(718) 479-1333 • (917) 305-4373
www.wisearth.org

Saturday, May 25 — 10:00 a.m. — Queens location

**Introducing Healing Foods —
Grains Part 1**

Saturday, June 8 — 10 a.m. - 11:30 a.m. — Queens location

**Ghee Ceremony
Taste & The Seasons**

Saturday June 22 — 10:00 a.m. - 11:30 a.m. — Queens location

Vegetable Cutting/Stir Fry

Saturday, July 13 — 10:00 a.m. - 11:30 a.m. — Queens location

Seasonal Masala

Saturday, July 27 — 10:00 a.m. - 11:30 a.m. — Queens location

Grains Part 2 — Breakfast Cereals

Saturday, August 3 — 10:00 a.m. - 11:30 a.m. — Queens location

**Seasonal Dhals/
Seasonal Activities**

Saturday, August 10 — 10:00 a.m. - 11:30 a.m. — Queens location

**Summer Chutney/
Creating a Sadhana Kitchen**

Every Tuesday — 7 p.m.

Queens and Bronx locations

Healing Passes and Breathwork

MOM'S MISSION STATEMENT

MOM is a charitable, holistic Vedic educational center whose goal is to support at-risk communities by empowering community members with the education and tools needed to restore health, abundance and a sense of shared responsibility for healthy, joyous lives. MOM has been mobilizing an international sustaining health and wellness force.

Swamini Mayatitananda (formerly Bri. Maya Tiwari) is a pre-eminent female Vedic monk and scholar who is a world renowned pioneer in the field of inner medicine health care and whole life education. Maya Ma belongs to India's most prestigious Vedic lineage – Veda Vyasa. She has been carefully tutored by His Holiness, Swami Dayananda Saraswati. Maya Ma is the spiritual head of the Wise Earth School of Ayurveda, and Mother Om Mission ashrama.