

# Kombucha Making Workshop

with Marli Santos\*

Sunday, April 10, 2016, 2:00-4:00PM

Ambaa Yoga Foundation: 4660 Notre Dame Ouest, Montreal, QC, H4C 1S6

This workshop is a fundraiser for **Ambaa Foundation** (<http://www.ambaayoga.com/>)  
All proceeds will go to the studio in support of the Wellness program.

Are you curious about kombucha? Have you ever tasted it or tried to make your own? This workshop is for you whether you wish to start making kombucha or learn simple tricks to improve your drink and adapt it to your taste and needs—for example, to make it more or less fizzy, sweet or bitter, or use it as the basis for other drinks and smoothies. Wherever you are in your discovery of kombucha, this two-hours workshop is for you.



*Marli's kitchen: SCOBY happily floating, ready to be decanted!*

Kombucha is a delicious fermented tea with many health benefits. In this workshop you will learn about some of its benefits for the health and for the state of mind. You will also learn step by step how to brew it at home, from primary to secondary fermentation, through an interactive and holistic learning process!

**After your registration, you will receive more detailed instructions. Please remember that the spaces are limited!**

**RSVP:**

Reservations by emailing [info@ambaayoga.com](mailto:info@ambaayoga.com)

**\$49 per person, including:**

- Kombucha starter kit (health scoby & base kombucha)
- Handout (detailed recipes and tips)
- Degustation (various flavors of kombucha plus living dessert)

\*Holistic Educator (MA, Ed, OISE/University of Toronto), Health Culinarist