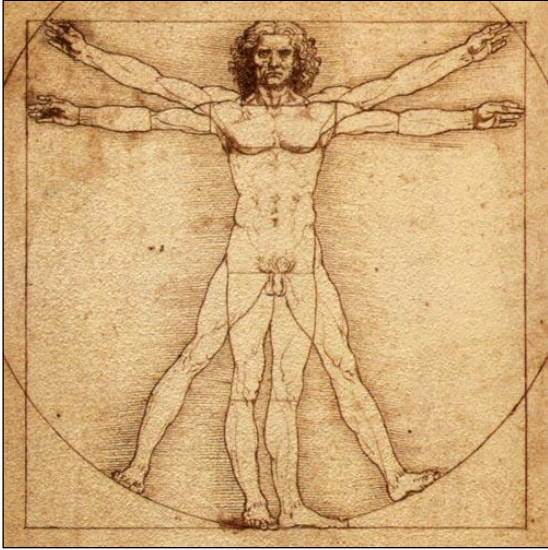


# Ayurveda: Holistic Living

## Understanding Yourself for Maximum Health



**With Liz Antognoli**

(Shanti Tarini), E-RYT 500  
Ayurvedic Health Educator

**Dec 8 & 9, 2012**  
**12 – 4 pm both days**

\$110 Registration; \$90 early bird due 11/8  
Both levels \$150, due 11/8  
(Level 2 scheduled on June 1 – 2, 2013)

Ayurveda originated ~5000 years ago from India.

This sister science to Yoga is a complete, natural system of health which addresses you on all levels – body, mind, and spirit.

It seeks to balance you according to your unique needs, maximizing your quality of life.

### **In this workshop with Liz, you will:**

- ◆ Decode the mystery of health using this ancient philosophy ◆
- ◆ Learn diet & lifestyle practices to optimize your health ◆
  - ◆ Discover your unique body/mind type ◆
  - ◆ Deepen your self-understanding on all levels ◆
  - ◆ Understand specific methods for reducing stress ◆
- ◆ Gain insight into loved ones, coworkers, and friends ◆
  - ◆ Update and expand your definition of health ◆
- ◆ Develop confidence in your ability to look and feel fantastic! ◆

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This workshop is part of our **RASA/Introduction to Mind/Body Dynamics** series, focusing on generating awareness of the basic universal principles of mental & physical health.

If you like this workshop, you will also want to check out **Meditation Intensive: Dharana**.

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17226 Mercury @ El Camino & Medical Center  
Houston, TX 77058 • 281-282-9400

[www.yogarasa.net](http://www.yogarasa.net)



## About your Teacher....



### Liz Antognoli (Shanti Tarini)

Liz is in love with studying, practicing, and teaching yoga and Ayurveda. She sends heartfelt thanks to her teacher, Tracie Brace (Padma Shakti), for the continued patience, support, compassion, education, and love that gives rise to the voice of God within.

Since 2002, Liz has studied with Tracie and the community at Yoga Rasa and hopes to honor her teachers through giving to others what she has been given ~ the inspiration, self-awareness, and tools to reach her highest goals in life. Liz also deeply thanks the other teachers who have shown her selfless support on this path ~ Rod Stryker, Sandra Summerfield Kozak, Swami Atma, Shiva Rea, and Dr. David Frawley.

**“When health is absent,  
wisdom cannot reveal itself, art cannot manifest,  
strength cannot fight, wealth becomes useless,  
and intelligence cannot be applied.”  
~Herophilus**



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### Registration – Ayurveda: Holistic Living (12/8-9/12)

Payment submitted with registration

Apply payment from Yoga Rasa Master's Path program

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number(s): \_\_\_\_\_ Email: \_\_\_\_\_

Known Health Conditions: \_\_\_\_\_

#### Disclaimer

Yoga is a system of healthy exercises designed to support optimum health. The approaches described and taught in this course are not offered as cures, prescriptions, diagnoses or a means of diagnosis to different conditions. The information must be viewed as an objective compilation of existing data and research. The instructors assume no responsibility in the correct or incorrect use of this information and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor. I also understand that my registration payment is non-refundable and non-transferrable. By undersigning, I have reviewed, understand and agree to the above disclaimer.

\_\_\_\_\_  
Signature