

Healing Through Yoga & Ayurveda

Transcending Anxiety, Depression & Agoraphobia

Saturday, November 4, 2017
12 – 4 pm

With Gracie Alcocer
(Gayatri Asita), RYT 500

This workshop is for you if:

- ~ You or someone you love is suffering from these disorders
- ~ You spend time around those experiencing these disorders
 - ~ You treat or work with patients with these disorders
- ~ You wish to learn more about actualizing yoga's healing power

**BROADCAST
AVAILABLE**

\$45 Registration
\$35 early bird
due 10/4



"Natural forces within us are the true healers of disease."
~ Hippocrates

Learn Eastern vs Western answers to the following questions:

- ~ What is it? How is it defined?
 - ~ What is the cause?
- ~ How is it diagnosed?
 - ~ How is it treated?

Gracie will address all levels of these disorders from mild to major and share personal success stories!

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

www.rasayogaschool.org

RASA  **YOGA**

About your Teacher....



Gracie Alcocer (Gayatri Asita), RYT 500

Gracie “discovered” yoga while searching for healing and inner peace. Not long after the beginning of her yoga studies, she experienced the benefits and joys of practicing yoga throughout a pregnancy. This inspired her to begin teaching Pre-Natal Yoga classes in order to share her experience with others. Learning the value

of present moment consciousness, a yogic way of being, has Gracie living a more rich and meaningful life. It is her transformational and healing experiences within her yoga studies that motivate her to teach and share with others. She has been studying with Tracie Brace Hatton at Yoga Rasa since Spring 2005. Her teaching experience includes teaching yoga in Spanish, Pre-Natal, Fundamental and Advanced yoga classes. She is currently studying Ayurveda in depth with Dr. David Frawley.

REGISTRATION – HEALING THROUGH YOGA & AYURVEDA (11/4/2017)

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE NUMBER(S): _____ EMAIL: _____

KNOWN HEALTH CONDITIONS: _____

Refund Policy: No refunds or transfers will be issued on class tuition, workshops, upper level programs, private yoga lessons, sound healing sessions or chiropractic. Retail: Rasa Yoga will issue a store credit on unused and unopened items purchased within 14 days. No refund or credit will be given on books.

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 agree to hold harmless Visible Belief Education Foundation, Rasa Yoga School of Yoga and Ayurveda, and all of their subsidiaries, affiliates and teachers.

Signature