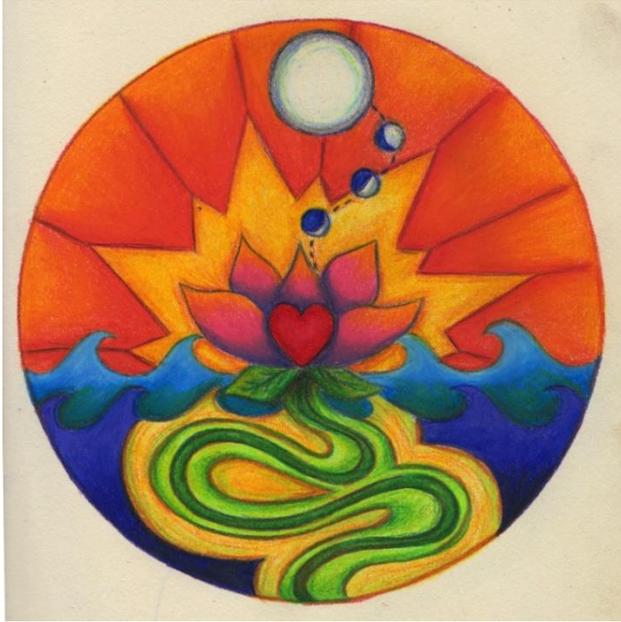


# Healing Eating Disorders Through Yoga and Ayurveda



**Saturday, September 16  
12-3 pm**

**With Denise Ngo  
(Padmasri Durga), E-RYT 500**

Registration: \$45  
Early Bird: \$36, by 9/2

**Denise's story: Inside the world of an eating disorder,  
and the challenges and gifts on the path toward healing.**

Yoga practices and philosophy that bring healing and wholeness to those struggling with self-negating patterns. The obstacles and illusions that lead to suffering and how to transcend them.

## **This workshop is for you if:**

- You or someone you love struggles with thoughts about or relationship with food or body image
- You'd like to experience greater peace, freedom and love.
- You're seeking to overcome a challenge in your life and are curious how yoga can be a part of that journey

**"I wish I could show you when you are lonely or in darkness,  
the astonishing light of your own being." ~ Hafiz**

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

[www.rasayogaschool.org](http://www.rasayogaschool.org)



## About your Teacher....



### Denise Ngo (Padmasri Durga) E-RYT 500

Denise is passionate about creating harmony in the world through inspiring transformation of self and others. She began practicing yoga in 2006 and as a classically trained musician immediately saw many parallels between the art, sciences and philosophies of both yoga and music. She has been teaching weekly classes at Yoga Rasa since 2008 and is currently working toward her E-RYT 200 certification. Denise extends deep gratitude and love to her teacher Padma Shakti (Tracie Brace Hatton) for the guidance

and teachings she has received. She has also taken workshops and trained with Mahadevi (Sandra Summerfield Kozak), and Swami-ji Dr. Stephen Phillips and also acknowledges the profound influence Dr. Paul Hatton has had in her journey. Denise also enjoys sharing music with children as an elementary music teacher and practicing, performing and spending time with her husband, David. “Only if we are still enough inside, can we become aware that there is a hidden harmony here...a sacredness.” ~ Eckhart Tolle

**“Intense love does not measure, it just gives.” ~ Mother Teresa**

**“Always remember you are braver than you believe, stronger than you seem, smarter than you think and twice as beautiful as you’d ever imagined.**

**Yesterday I was clever, so I wanted to change the world.**

**Today I am wise, so I am changing myself.” ~ Rumi**

---

#### Registration – Healing Eating Disorders Through Yoga and Ayurveda (September 2017)

Payment submitted with registration

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