

Ayurveda: Cultivating Vitality & Wisdom



July 29-30, 2017

12-4 pm

\$110 Registration
\$90 Early Bird Registration*
* Due July 15

Join Gracie to Realize Total Health & Happiness, Naturally

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, you will learn:

- Qualities & Development of the Three Vital Essences •
- Types & Uses of the variety of Ayurvedic healing modalities •
- Application of Ayurveda in your Sphere of Influence •
- Self-Insight for Evolving Personal Health & Happiness •

This workshop is part of our BUDDHI/Mastering Mind-Body Dynamics series, focusing on increasing personal power through use of discrimination in health and awareness. If you like this workshop, you will also want to check out Meditation Intensive: Dhyana.

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

www.rasayogaschool.org



About your Teacher....



Gracie Medrano (Gayatri Asita) **RYT 500, Assistant Director of Yoga Studies**

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.

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

Registration – Ayurveda: Cultivating Vitality & Wisdom (July 29 & 30, 2017)

- 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: _____

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