

# Ayurveda: Holistic Living

## Understanding Yourself for Maximum Health



**With Gracie Alcocer**

(Gayatri Asita), RYT 500

**January 16 & 17**  
**12 - 4 pm both days**

\$110 Registration; \$90 early bird due December 17

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 Gracie, you will:**

- ◆ Decode the mystery of health using this ancient philosophy ◆
  - ◆ Learn 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! ◆

---

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.

---

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

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



# About your Teacher....

Gracie Alcocer (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: Holistic Living (January 2016)

Payment submitted with registration    Apply payment from Rasa Yoga 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