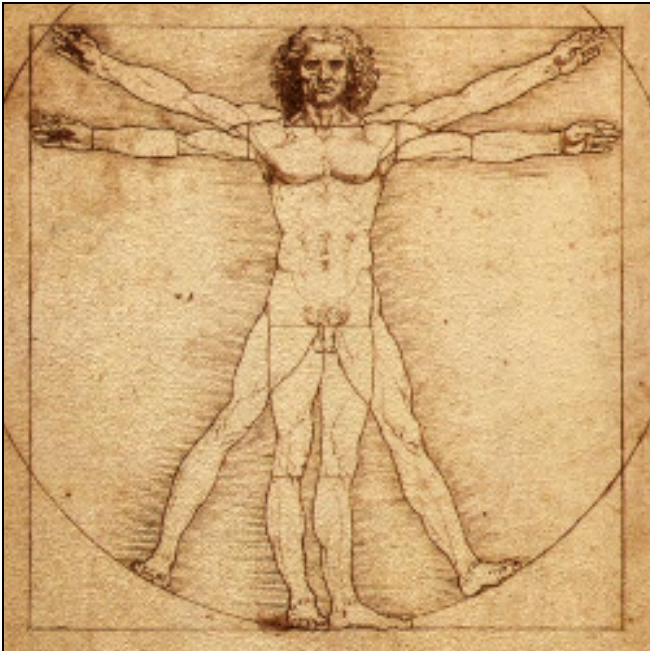


# Ayurveda: Holistic Living

## Understanding Yourself for Maximum Health



**Liz Antognoli,**  
RYT 500 & E-RYT 200  
(Shanti Tarini)

**May 9, 2009**  
**1 – 5 pm**

\$110 Registration  
\$90 early bird due 4/18/09

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 ◆
  - ◆ Grasp techniques for improving your relationships ◆

3800 R spencer hwy | pasadena, TX 77504  
713.941.9642 | [www.yogarasa.net](http://www.yogarasa.net)





## About your Teacher....

### Liz Antognoli

Liz first came to yoga through a desire to connect with and strengthen her core physically, mentally, and spiritually. She quickly became a dedicated and enthusiastic student of both yoga and Ayurveda, a pursuit that led her to spend time in India in December 2004.

“When the student is ready, the teacher will appear.” Along her path of yoga, Liz has studied with senior teachers such as Tracie Brace, Swami Atma, Shiva Rea, Sandra Summerfield Kozak, Rod Stryker, Beryl Bender Birch, and Sean Corn. Liz has over 500 hours of yoga teacher training, is certified through Yoga Rasa, and is registered nationally with Yoga Alliance. Liz completed a 300-hour Ayurvedic healing course developed by Vedic scholar Dr. David Frawley. She is certified as an Ayurvedic Health Educator through the American Institute of Vedic Studies.

Liz serves as the Assistant Director of Yoga Studies at Yoga Rasa. Liz teaches weekly classes as well as workshops in anatomy and Ayurveda. She also provides personal Ayurvedic consultations. In both her yoga and Ayurvedic practices, Liz devotes herself to helping her students achieve their personal visions. Liz has also founded the global Yoga Student Association with Tracie in 2007, to take their vision worldwide.

“A synthesis of science and spirituality” is how Liz describes her teaching and practice style. Liz also works at NASA’s Mission Control Center, and has spent many years studying physics and the scientific approach to life. Like yin and yang, scientific study naturally complements the teachings of yoga and Ayurveda. Both Eastern spirituality and Western science seek to discover and explain the nature of the world, and the ultimate Truth. Through her familiarity with both methods, Liz creates a unique and dynamic path using both approaches as needed for the situation or the individual.

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### Registration – Ayurveda: Holistic Living (5/9/09)

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.

By undersigning, I have reviewed, understand and agree to the above disclaimer.

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Signature