

# Yoga Rasa

presents

## *Ayurveda Level 1*

Teacher Training 250, Being Yoga & Dedicated Yoga Students

**Liz Antognoli, RYT 200 (Shanti Tarini)**

***Are you interested in using natural methods to keep you at your optimal health?***

***Have you ever felt off balance or low on energy?***

Ayurveda originated ~6000 years ago from India. This sister science to Yoga is a complete, natural system of health that addresses you on all levels – body, mind, and spirit.

It seeks to balance you according to your unique needs, maximizing your quality of life.

**April 30, 2005 1-5 pm**

**\$50 Registration**

**Early Bird \$30\***

\*Due 3/15/05

**In this workshop, you will:**

- ॐ discover your unique body/mind type ॐ
- ॐ understand methods of reducing stress ॐ
- ॐ learn lifestyle practices to optimize your health ॐ
- ॐ gain insight into loved ones, coworkers, and friends ॐ
- ॐ learn techniques to improve your relationships ॐ



**Yoga Rasa**  
3800R Spencer Hwy  
Pasadena, TX 77504  
713-941-9642 – [www.YogaRasa.net](http://www.YogaRasa.net)



Registered Yoga School

## About the Teacher....



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, and Doug Swenson. Liz has over 300 hours of yoga teacher training, is certified through Yoga Rasa, and is registered nationally with Yoga Alliance. Liz is pursuing a 300-hour Ayurvedic healing course developed by Vedic scholar Dr. David Frawley.

At Yoga Rasa, Liz teaches Yoga Foundation and Meditation classes weekly, as well as the Anatomy of Yoga workshop. She will also begin providing general and personal Ayurvedic consultations in early 2005. In both her yoga and Ayurvedic practice, Liz teaches people how to know themselves fully and how to create balance in their lives.

“A synthesis of science and spirituality” is how Liz describes her teaching and practice style. Liz has worked at NASA’s Mission Control since 1997, 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.

Liz invites you to her classes, workshops, or for a personal consultation!  
Read more about Ayurveda: <http://www.yogarasa.net/ayurveda.html>  
Email Liz: [lizantognoli@yahoo.com](mailto:lizantognoli@yahoo.com)

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