



## *Yoga and Nutrition with Rachel Tsai*

*- Integrating Ayurveda Principles into Your Life  
and Yoga Practice*

*Time: 10:30am – 1:30pm*

*Date: Saturday 24 May*

*Fees: HK\$450 per person (open to all levels)*

*The Oriental, Spa, Landmark Mandarin*

*Rachel teaches Ayurveda, Yoga and Yoga Philosophy in workshops and training courses around Asia. She holds qualification in both Ayurveda and Yoga (Therapy). She offers Ayurveda Lifestyle Consultation and body therapies. For more information about Rachel, please refer to [www.matipatha.com](http://www.matipatha.com)*

*Ayurveda, the ancient Science of health and healing delineates a unique way to look at body, mind and consciousness as a whole. Both Ayurveda and Yoga facilitate living in balance and harmony with life's natural rhythm.*

*In this workshop, you will be introduced to the timeless Ayurveda fundamentals and its nutrition principles as well as how to apply them to your unique constitution. Then we will look at how cultivating a wholesome relationship with food and diet further helps you engage more deeply in your Yoga practice.*

*The is a fun filled and lively workshop that includes lecture, discussion and asana practice.*

