

Rasa Ayurveda

*With Darci Frankel, Ayurveda Practitioner (Vaidya)
Spa Owner/Consultant*

"Darci has a strong commitment to healing and transformation which she expresses through her wisdom in Ayurveda."

**Deepak Chopra M.D., Author
The Path To Love**

"Somehow, we forgot how to honor this body as our sacred temple. As a result, our bodies do not operate at their optimal potential. Ayurveda the 7,000 year old science of life, health and longevity is a treasured gift from source, reminding us of our sacred nature. Join me on the journey, back to the Self, back to living your optimal potential."



Offering:

1. **Ayurveda Consultation:** Learn how to know and be in balance with your true nature. Traditional Classic Ayurveda 'check up' includes: Sparshana (feeling the pulse, assessing vital organs via Marma points etc), Darshana (witnessing/observing), Prashna (dialogue), lifestyle suggestions may include: yoga, pranayama, herbs, foods to prefer or avoid, treatment suggestions etc. 1-1.5 hours
2. **Marma Therapy/Ayurveda Acupressure:** Potentially, a life changing experience. Marma points are therapeutic and diagnostic. This session treats organ and system points and master points on the hands and feet, creating immediate communication and balance in the body/mind, organs, system and chakras. Said to help eliminate or drastically reduce pain and the causes of imbalance (disease). 1-1.5 hours
3. **Ayurveda Warm Oil Massage:** Traditional Ayurveda Warm oil massage using certain strokes that circulate and balance the 5 pranas of the body, it is deeply nourishing and balancing to the doshas. 1-1.5 hours
4. **Full Pancha Karma:** at our Kauai Location. www.PanchaKarma.net
5. **Private and Group Yoga Instruction:** A fun Tridoshic, Bhakti/Hatha Yoga class
* All sessions ~ \$100 per hour * Consultation suggested before Marma Therapy.

Bio:

In this life, I began my Vedic journey as a child, with family Hatha Yoga practice sessions. I started learning about Massage Therapy at 13, and began learning/practicing meditation and Reiki healing at 17. I then went on to do a comparative studies in yoga and become certified as; Massage Therapist, yoga instructor and Ayurveda Practitioner in my early 20's. Currently: I own/manage Hanalei Day Spa and the Ayurveda Center of Hawaii, on Kauai, consult with Spas, offer transformational treatments, consultations and Ayurveda workshops as well as conduct Pancha Karma rejuvenation retreats. I also love teaching Ayurveda massage workshops! As I am approaching 2 decades of practice, I feel so grateful to know, be doing and have had such longevity in my dharma (my service)! How can I serve you?

"Darci's Ayurvedic training comes from great Guru Shishya Parampara 'Lineage of Ayurvedic Doctors' with Dr. Vasant Lad. My personal experience has been that Darci has a very deep insight in to good health and longevity, her association is truly inspiring. I highly recommend we all seize this opportunity to deepen our knowledge with Darci, in these ancient Vedic traditions."

~ Damian Hagglund 'Narsingha', Los Angeles

"Darci combines many years experience in yoga, Ayurveda and Massage Therapy, along with her dynamic presence; she brings these arts to life for her students. Darci is very dedicated to her profession, and she possesses and excellent background in the healing arts."

~ Ann Harrison, Ayurveda Practitioner, Miami

To schedule sessions, or to inquire, please call Darci 808-635-9726

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