

Asana Immersion

Earn 32 Yoga Alliance Contact Hours
Technique, Teaching Methodology and Philosophy

with
Tracie Brace
(Padma Shakti), E-RYT 500
Yoga Rasa Director of Yoga Studies
Yoga Alliance Registered School



Registered Yoga School



Registered Yoga School



An in-depth, three-weekend course!
April 20-22 • April 27-29 • May 18-20, 2012

Friday 3:30-9 pm • Saturday 7 am – 4:30 pm • Sunday 7 am – 3 pm

Regular Tuition \$620
Early Bird Tuition \$550*
*Due 3/30

Pay by the day option:
Friday session \$60 each night.
Saturday or Sunday session \$100 each day.

All classes will focus on understanding principles of alignment and muscular and organic energy. We will look at where yoga asana/vinyasa and pranayama reside in our personal spiritual practice and the incorporation of Bhakti Yoga. We will address the practice and teaching of Yoga from incorporating the awareness of kramas and perception of koshas. This class is open to all serious yoga students at various levels of personal growth.

This workshop is part of our ANNAMAYA/Understanding the Body series, focusing on learning the biomechanics of the body and how to apply them.

If you like this workshop, you will also want to check out Anatomy of Yoga.

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

www.yogarasa.net



About your teacher....

Tracie Brace, E-RYT 500



Tracie (Padma Shakti) is the founder and Yoga Studies Director for Yoga Rasa. Her ability to effectively disseminate the yoga teachings, leading students toward a more excellent quality of life and more subtle awareness and understanding in life, is made possible by her study and love of these great beings: Dr. David Hoch, Lex Gillian, Reverend Karen Tudor, Sandra Summerfield-Kozak, Rodney Yee, Erich Schiffmann, Shiva Rea, David Frawley and Swami Atma. There are many other masters and teachers unnamed to pay homage to as well, whether by lineage living now or before. Her current studies are influenced mostly by Rod Stryker, Shiva Rea, Dr. Stephen Phillips (Swamiji), Reverend Richard Rogers, Yoga Rasa Kula, Intuition and God.



Registration – Asana Immersion 2012

Payment submitted with registration

Apply payment from Yoga Rasa Teacher Training 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