



Yoga Rasa Schedule of Events

Updated 4/17/12



Master's Path Training Classes & More

300 = Workshop fulfills requirements for the 300-hour program
500 = Workshop fulfills requirements for the 500-hour program
Unless otherwise specified, all workshops are held at Yoga Rasa
Some workshop dates are subject to change.

APRIL

- 4/3/12 **Yogafy Informational Session**
Please RSVP, free event
Tuesday, 7:30 pm
- 4/6-8/12 **The Yoga of Camping**
Aligning with the Natural World, Inside & Out!
Guides: Ande Smith & Carie Kostak
Location: Brazos Bend State Park
- 4/7/12 **Understanding Yoga From the Inside Out**
7 weeks of Yoga Education continues
With the Yoga Rasa teachers!
Saturdays through April 7
- 4/21/12 **Quarterly Master's Path Meeting**
Mandatory for all students in Master's Path Programs
11 am - 2 pm
- 4/20-22/12 **Asana Immersion (Part 1 of 3)** 300
Teacher: Tracie Brace, E-RYT 500
Part 2: 4/27-29/12
Part 3: 5/18-20/12
- 4/25/12 **Ladies Nite**
Hosts: Tracie, Elle, & Martha
Wednesday: 6:30-8:30 pm
- 4/27-29/12 **Asana Immersion (Part 2 of 3)** 300
Teacher: Tracie Brace, E-RYT 500
Part 1: 4/20-22/12
Part 3: 5/18-20/12

MAY

- 5/4-6/12 **Workshops with Michael Faith**
5 sessions!
- 5/11/12 **Mother's Day Class**
Teachers: Stefanie & Carie
- 5/12/12 **Taste of Lotus Moves**
A Women's Empowerment Day: Redefining Beauty
Presented by: Padma Shakti & Sisters
Tracie invites you & your friends to the hottest soiree on the planet!
- 5/18-20/12 **Asana Immersion (Part 3 of 3)** 300
Teacher: Tracie Brace, E-RYT 500
Part 1: 4/20-22/12
Part 2: 4/27-29/12

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| 5/25-27/12 | Rasa Asana Immersion (Part 1 of 3) Teacher: Tracie Brace, E-RYT 500 Part 2: 6/1-3/12 Part 3: 6/8-10/12 | 500 |
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JUNE

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| 6/1-3/12 | Rasa Asana Immersion (Part 2 of 3) Teacher: Tracie Brace, E-RYT 500 Part 1: 5/25-27/12 Part 3: 6/8-10/12 | 500 |
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| 6/6/12 | Ladies Nite Hosts: Tracie, Elle, & Martha Wednesday: 6:30-8:30 pm | |
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| 6/8-10/12 | Rasa Asana Immersion (Part 3 of 3) Teacher: Tracie Brace, E-RYT 500 Part 1: 5/25-27/12 Part 2: 6/1-3/12 | 500 |
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| 6/11-15/12 | Camp Rasa Summer camp for ages 5-9! Teacher: Rhon Barras | |
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| 6/16-23/12 | Rasa Vidya Master's Path Intensive Retreat Cabo San Lucas, Mexico Teacher: Tracie Brace, E-RYT 500 | 500 |
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| 6/25-29/12 | Camp Rasa Summer camp for ages 10-12! Teacher: Rhon Barras | |
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| 6/29-7/10/12 | Smarana Intensive (12-Day Yoga Intensive) Teacher: Tracie Brace, E-RYT 500 | 300 & 500 |
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JULY

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| 7/7/12 | Quarterly Master's Path Meeting Mandatory for all students in Master's Path Programs 11 am - 2 pm | |
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| 7/18/12 | Ladies Nite Hosts: Tracie, Elle, & Martha Wednesday: 6:30-8:30 pm | |
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| 7/21/12 | The Physics of Thought Teacher: Liz Antognoli, E-RYT 500 | |
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| 7/28-29/12 | Ayurveda: Holistic Living Teacher: Liz Antognoli, E-RYT 500 | 300 |
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AUGUST

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| 8/11-12/12 | Ayurveda: Cultivating Vitality and Wisdom Teacher: Liz Antognoli, E-RYT 500 | 500 |
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| 8/25-26/12 | Meditation Intensive: Dharana Teacher: Tracie Brace, E-RYT 500 | 300 |
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SEPTEMBER

National Yoga Month!

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| 8/31-9/3/12 | Women's Retreat: Grace & Gratitude Reclaiming the Light of the Feminine Boerne, TX | |
| 9/5/12 | Ladies Nite Hosts: Tracie, Elle, & Martha Wednesday: 6:30-8:30 pm | |
| 9/8-9/12 | Meditation Intensive: Dhyana Teacher: Tracie Brace, E-RYT 500 | 500 |
| 9/24/12 | Nataraja Yoga Flow Please RSVP 7:30 pm | |

OCTOBER

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| 10/13-14/12 | Weekend Intensive: Yoga as Pranayama Teacher: Tracie Brace, E-RYT 500 | 300 & 500 |
| 10/13/12 | Quarterly Master's Path Meeting Mandatory for all students in Master's Path Programs 11 am - 2 pm | |
| 10/17/12 | Ladies Nite Hosts: Tracie, Elle, & Martha Wednesday: 6:30-8:30 pm | |
| 10/27-28/12 | Weekend Intensive: Yoga as Self-Mastery Teacher: Tracie Brace, E-RYT 500 | 500 |

NOVEMBER

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| 11/3-4/12 | Ayurveda: Holistic Living Teacher: Liz Antognoli, E-RYT 500 | 300 |
| 11/17-18/12 | Advanced Yoga Studies: Art of Teaching Teacher: Tracie Brace, E-RYT 500 | 300 & 500 |
| 11/28/12 | Ladies Nite Hosts: Tracie, Elle, & Martha Wednesday: 6:30-8:30 pm | |

DECEMBER

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| 12/1/12 | Yoga Rasa Christmas Market A day of shopping, food, entertainment, & fun! | |
| 12/7-14/12 | Living Passionately: The Divine Party, Prayer & Practice Registration information coming soon! Costa Rica | |
| 12/15-16/12 | Advanced Yoga Studies: Yoga Sadhana Teacher: Tracie Brace, E-RYT 500 | 500 |
| 12/17/12 | Nataraja Yoga Flow Please RSVP 7:30 pm | |