

**Tracie Brace, E-RYT 500
(Padma Shakti)
Director of Yoga Studies**



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.



What Others Have to Say

"What an awesome faculty, you are yoga, you live yoga and I could not imagine a more comprehensive program! Thank you so much for what I have learned...for what I have received, my mind, body and spirit I have no words."

"My purpose for doing yoga has changed since I first started. At first I was here for the physical part and found out through continuing to show up - I received mental and spiritual fulfillment as well as a community of like persons."

"Teacher training has allowed me to relate to the world in a more peaceful way."

"I love the flexibility and availability of your teacher training/continuing studies. It works with my schedule and I enjoy the teachers to much."

"I wanted to become a better student, Tracie convinced me that learning to teach others would enhance my personal practice and it's TRUE, my practice has excelled!"

"I never thought I could be a yoga teacher, but I have learned that to teach is to truly understand."

OM SHANTI

**Smarana 12-Day
Yoga Intensive**



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

**“The journey to mastering yoga’s challenging postures enables one to journey through life’s challenges with mastery.”
~ Tracie (Padma Shakti)**



Who should take this intensive?

Those enrolled in 300 hour and/or 500 hour Master’s Path program, and students interested in being immersed in yoga studies.

Yoga Rasa is one of the most comprehensive programs available today. Yoga Rasa offers not only in-depth yoga teacher training, but also an opportunity to gain experience – experience necessary to become a successful yoga teacher.

To empower students to be successful, well-rounded yoga teachers, the Yoga Rasa Teacher Certification Program offers a solid foundation in the PHILOSOPHY, SCIENCE, & ART of YOGA.



Registered Yoga School



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Courses Include the Following Topics

Yoga Therapy
Mantra & Chanting
Eastern Anatomy
Pranayama
Prana Vayus & Asana
Asana Alignment & Technique
Nataraja Yoga Flow
Teacher Classroom Management
Observing, Props & Adjustments
Bandhas, Neti, Dristi, Purifications
Sanskrit Terminology
Bhagavad Gita Study
Yoga Psychology: The Yoga Sutras
Ayurvedic Healing
Teacher/Student Relationship

***Smarana:
Sanskrit, remembrance
of our wholeness***

Registration Information & How to Enroll

Upcoming Session!
June 29 – July 10



Early Bird Registration

With Lodging: \$2200 ▪ W/O Lodging: \$1780
- Deposit due 3/15/12, balance due 4/15/12 -

Regular Registration

With Lodging: \$2525 ▪ W/O Lodging: \$2050
- Deposit due 5/15/12, balance due 6/15/12 -

Registration fee covers cost of lodging (if applicable), classes, and certification.
Deposit is \$500, non-refundable.

Contact Tracie to reserve your space!