

YOGA RASA COMMUNITY NEWS

April 26, 2009 • Issue 105

Yoga Rasa exists to actively participate in creating peace on our planet by joining with others to grow an all-inclusive yoga study community, promoting total physical, mental, spiritual health and well being.

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☯ A "PEACE" OF MY MIND...

Tracie's message

The body is meant to be a sacred temple, a place we can joyfully call home feeling happy, content and comfortable living in it.

Committing to any process of personal transformation is a profound decision supported by the yogis for thousands of years, and Fitness Evolution is about much more than looking fabulous! While that is an awesome benefit, your decision originates from a desire to express your most authentic self, peeling away the layers that cover us up mentally physically and spiritually.

What does it mean to be balanced in all areas of life? The word that comes to mind is "fitness." What does it mean to be a 'fit' person in every area of life? To exert our willingness and determination enough to bring about a beautiful sense of harmony and vibrancy to body, mind and spirit, cultivating a robust adeptness in all areas of life! Fitness Evolution is truly a Revolution toward extreme self-care! Even the yogis taught us that to bring about focus, concentration and coherency of thinking one must have a fit and stable body that is vibrant and illuminated.

Fitness Evolution is more than a get-in-boot-camp-shape program; however, a fit and toned

body you can definitely expect! This is a challenge that we all commit to together. Fitness evolutionaries not only reshape the body but also mind gently comes into alignment with who you would like to be; and you dive more

profoundly (or for some begin to) right smack dab into actively making positive changes happen! We not only come together to support each other in the Evolution of self but what everyone takes home and the momentum you created between sessions is power beyond words. Among the many components we address are, beliefs, attitude, behavior, nutrition, exercise, focus, extreme self-care, and personal empowerment, a sense of internal awareness and direction, and choice management.

In the newsletter this week Liz will be going more in depth about choice management and how living the life you deserve is only one choice away. The results we experience and the quality of life we enjoy comes from choices based on self-love and respect. Enjoy...

Love T.



COMING ATTRACTIONS

April 29	Nataraja Yoga Flow
May 2	Meditation Intensive: Dhyana (5/2-3)
May 7	Mom & Me Mother's Day class
May 9	Ayurveda: Holistic Living
May 15	Mini Basic Anatomy Training (5/15 – Advanced Anatomy 5/16-17 & 23-24)

Note the early bird deadlines for great savings on great workshops!

Fitness Evolution!

"Take care of your body with steadfast fidelity. The soul must see through these eyes alone, and if they are dim, the whole world is clouded."

- Goethe

A true evolution is taking place at Yoga Rasa every day. Each one of you, each time you take a class or stop wherever you are to pay attention to your breath, is undergoing an inner and outer evolutionary process. Approached with dedication, patience, and self-love, the practice of yoga will lead you to evolution in all areas. While we tend to stay focused on where we still want to grow and change, stop to acknowledge yourself for the changes that have already occurred...then read on.



, Liz

Taking the Inventory

As many of you know, Tracie has started the Summer Shape-Up Session of Fitness Evolution. I have the absolute pleasure of being part of this session. Although I have participated in individual sessions before, I had not been able to attend the initial meeting until this session. Tracie does something special during this first session – she gives all of us an inventory to review. This inventory has two parts. The first part is to read through positive statements and check whether they are true for us. For example, the statements are things such as “I eat healthy food mindfully,” “My home is neat and organized,” “I always take a lunch break,” “I have people I can turn to in times of need,” and many more. The second part is to read through statements that reflect problem areas and check any that are true. Examples are, “Something about my appearance bothers and disturbs me,” “My work does not allow me to express my creativity,” “There are people in my life who continually drain my energy,” “I have debt that needs to be paid off,” and again, many more.

After that first session, I took my Fitness Evolution packet home and then enthusiastically began to read through it. After all, I was going to reach my fitness goals! I was going to finally break through this weight loss wall! Well, I got to the inventory pages and was stunned. I was not expecting this...there were so many boxes in the positive area that I had to leave unchecked, and many in the negative area that I had to check and admit were true. I felt quite sad! As when something I do not understand happens, I asked myself, “What do I need to know about this?”. The next morning, the answer came to me. I was getting up to exercise early in the morning and, as usual, it crossed my mind to stay in bed instead. Immediately I realized that this was the fitness I was seeking – that ability to take excellent care of myself over making the easy choice or giving into my emotions.

The Choice Point

I heard a quote the other day that I love. I am paraphrasing, but in essence, he said that if the only reason you don't do something that is important to you is because you don't feel like it, that is not an acceptable reason! True mental fitness is the ability to make the choice that will **SERVE YOU**. And if there is mental fitness, all other types of fitness are following closely behind.

So whether you choose to join us in Fitness Evolution or not, I encourage you to look at all the areas of your life – Body, Mind, Spirit, Work,



Environment, Relationships, and Money – and do your own inventory. Where is there evidence that you are not making the choices that will serve you? If there are areas where you are not 100 percent satisfied, there is room for some type of evolution. Choose a step to take, a change to make, and go for it. When the moment of not wanting to do it comes along, instead of arguing with yourself, remember you are actually in the highest service to yourself and move forward with a heart full of self-respect and self-love. It gets easier with practice!

We have a few special opportunities coming up that will enhance your understanding of how to give yourself what you need. Join Tracie on May 2-3 for a Meditation Intensive that will focus on focus – how to harness the power of your mind. Join me on May 9 for Ayurveda: Holistic Living where you will learn your own unique mind/body type and the principles and practices for balancing your health through this ancient system of medicine. Also, July 17-21 Tracie is planning a very special Fitness Boot Camp Retreat! We hope to have you as a part of anything you feel will serve you on your evolutionary journey.

Newsletter can be found online at: <http://www.yogarasa.net/newsletter.html>



Tracie's Fitness Evolution

Summer Shape Up Session

Tracie's Fitness Evolution is a challenge spanning several weeks to get you in your best shape mentally, physically and spiritually. Tracie will combine her experience as a personal trainer, life coach and yoga teacher to empower you to reach your personal fitness goals!

Going on now! Check website for dates.

This program is an investment in yourself that will offer returns for years to come. You will learn and implement programs that will become habit as you become totally fit physically and psychologically!

COMING JUNE 17-21: FITNESS BOOT CAMP RETREAT IN CHAPPELL HILL, TX

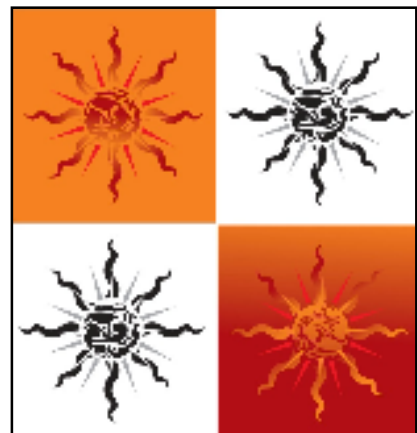
Nataraja Yoga Flow

Wednesday, April 29, 7-9 pm

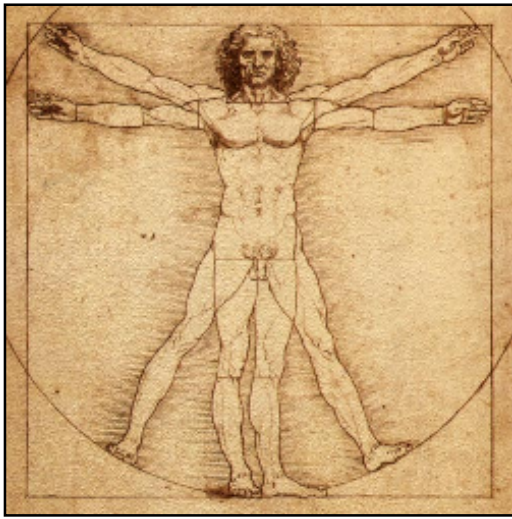
In place of regular Wednesday classes

Nataraja Yoga Flow is a powerful combination of Asana, Vinyasa, Pratyahara, Pranayama, Meditation & an eclectic flow of dance with dynamic musical forms from around the globe.

- **Stoke the internal fire of transformation** •
- **Conceive a new you** • **Celebrate!** •



Ayurveda: Holistic Living



Understanding Yourself
for Maximum Health

Saturday, May 9, 1-5 pm

In this workshop with Liz, you will:

- ♦ Decode the mystery of health ♦
- ♦ Learn diet & lifestyle practices to optimize health ♦
 - ♦ Discover your unique body/mind type ♦
 - ♦ Deepen your self-understanding on all levels ♦
 - ♦ Understand specific methods for reducing stress ♦
- ♦ Gain insight into loved ones, coworkers, and friends ♦
- ♦ Grasp techniques for improving your relationships ♦

Meditation Intensive Dhyana

~ Harness the awesome power of your mind ~

Saturday & Sunday, May 2-3

Join Tracie to:

Discover a deeper aspect of yourself.

Learn the skills for creating a peaceful and powerful mind.

Identify thoughts & beliefs
that do not support your life's vision.

Enjoy expanded awareness, enhanced creativity,
& more fun in life!



Happy Mother's Day!

Mom & Me Yoga Class

~ Thursday, May 7 ~ 6-7:30 pm ~

For Moms with kids K-12!

In place of regular Thursday classes.

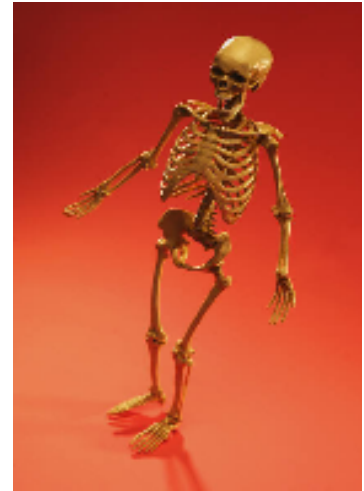
To read more about any of our workshops, go to:
<http://www.yogarasa.net/workshops.html>

ADVANCED ANATOMY & YOGA THERAPY

WITH TRACIE BRACE, E-RYT 500 &
PAUL HATTON, D.C.

MAY 16-17 & 23-24

- ✦ **DISCOVER** the art of Yoga Cikitsa (Yoga Therapy)
- ✦ **ENHANCE** your understanding of the respiratory system
- ✦ **CREATE** a synergistic relationship with all body systems
- ✦ **ELEVATE** your skill to identify and eliminate poor posture habits with greater awareness of core musculature
- ✦ **PROGRESS** your standing from Yoga Teacher to Yoga Professional
- ✦ **RELATE** yoga poses to the functional anatomy and the healing process
- ✦ **INCREASE** the safety and efficiency of your yoga practice and teaching
- ✦ **BECOME** skilled at applying pranayama techniques therapeutically
- ✦ **LEARN** to use the dynamic breath to eliminate the effects of stress
- ✦ **DEVELOP** the knowledge of your energy system and the relationship to the nervous and endocrine systems.



SPECIAL OPPORTUNITY!

Mini Basic Anatomy Training

May 15 • 6-9 pm

By gaining a basic understanding of how your body works, you will be able to improve and maintain your health for years to come! If you plan to teach or you are currently teaching yoga this course will enable you to understand the principles of alignment & form. Also fulfills the prerequisite for the Advanced Anatomy & Yoga Therapy workshop.

SACRED WARRIOR RETREAT: P • E • R • U



Journey to Machu Picchu October 2009! Registration Open

The Sacred Warrior explores life with passion & courage.
Cultivate both as you enjoy & experience
Mystical Peru.



INNER HARMONY...practical Ayurveda

CULTIVATE FRIENDLINESS

Ayurveda and Yoga are very clear when it comes to self-love...do it! Seriously though, there is a psychophysiological force we all have that is called pitta. It is necessary, but when out of balance, it creates frustration, anger, and irritation. It can also cause us to get overly focused on the destination rather than the journey. The antidote to this condition of imbalance is friendliness – friendliness toward yourself and all the emotions that arise. This is particularly applicable this week, as we are discussing Fitness Evolution. In the process of working with goals, this issue of frustration with oneself is bound to arise. If the goal seems to be getting farther away momentarily or you make a choice that does not serve you, pitta is ready to turn you against yourself. There are many ways to cultivate friendliness and other ways to balance this force of pitta. I will discuss this much more in the upcoming Ayurveda workshop on May 9. If you are interested, I hope you can join me!

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“The journey to mastering Yoga’s challenging postures empowers you to journey through life’s challenges with mastery.” ~ Tracie Brace

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EVENTS AT YOGA RASA...schedule/changes for the next two weeks

Monday 4/27

9 am – Yoga Foundation
4:20 pm – Fitness Evolution
5:30 pm – Yoga Foundation

Tuesday 4/28

5:30 pm – Yoga Foundation 2
6:40 pm – Intro Orientation (RSVP)
7:15 pm – Yoga Fundamentals

Wednesday 4/29

12 pm – Sringara Rasa Flow
7 pm – Nataraja Yoga Flow

Thursday 4/30

12 pm – Yoga Foundation
5:30 pm – Power Yoga Foundation
7 pm – Yoga Foundation

Friday 5/1

No classes

Saturday 5/2

7 am – Being Yoga Asana
9 am – Yoga Foundation
12:30 pm – Meditation workshop

Sunday 5/3

10 am – Yoga Stability
12:30 pm – Meditation workshop

OM SHANTI

Monday 5/4

9 am – Yoga Foundation
4:20 pm – Fitness Evolution
5:30 pm – Yoga Foundation
7:15 pm – Being Yoga Lecture

Tuesday 5/5

5:30 pm – Yoga Foundation 2
6:40 pm – Intro Orientation (RSVP)
7:15 pm – Yoga Fundamentals

Wednesday 5/6

12 pm – Sringara Rasa Flow
4:20 pm – Fitness Evolution
5:45 pm – Shanti Rasa Flow
7 pm – Yoga en espanol

Thursday 5/7

12 pm – Yoga Foundation
6 pm – Mom & Me Yoga Class

Friday 5/8

4:30 pm – Fitness Evolution

Saturday 5/9

9 am – Yoga Foundation
1 pm – Ayurveda workshop

Sunday 5/10

10 am – Yoga Stability
12 pm – Yoga en espanol

Please submit newsletter ideas! Email Liz at tararasa@comcast.net.

If you wish to unsubscribe from this, or any Yoga Rasa email communication, please let us know!