

Yoga Rasa

presents

Anatomy of Yoga 20 Hour Teacher Training 250

Maintaining Health for Life

Tracie Brace, RYT 500 (Padma Shakti)

Liz Antognoli, RYT 200 (Shanti Tarini)

Have you realized how connected your quality of life is to your health?

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.

April 9, 10 and May 7, 8

2005

Sat 12-6 & Sun 9-3

\$265 Registration

Early Bird \$189

***NR Deposit of \$89 due 2/9/05**

Balance due 3/9/05

We will cover in-depth eastern anatomy and through study and experience, the systems of the body – including musculoskeletal, nervous, cardiovascular, and respiratory.

You will learn:

ॐ Major muscles & bones ॐ

ॐ Physiology of breathing ॐ

ॐ Biomechanics of movement ॐ

ॐ Workings of the stress/relaxation response ॐ

ॐ Methods of increasing flexibility and strength ॐ

ॐ Techniques for keeping healthy backs & knees ॐ

ॐ How the koshas lead to understanding health ॐ

ॐ Introduction to the power of understanding the chakras, nadis and Vayus ॐ

ॐ Primer on pranayama, bandha, mantra to perceive and balance the energetic system ॐ

Yoga Rasa

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Pasadena, TX 77504

713-941-9642 – www.YogaRasa.net





About the Teachers....



Liz Antognoli began studying yoga to increase strength in her body, mind, and spirit. She teaches Yoga Foundation and Meditation at Yoga Rasa and focuses on helping others harness the amazing power of their own minds. Liz has studied with advanced teachers such as Tracie Brace, Sandra Kozak, Swami Atma, Shiva Rea, and Doug Swenson. She co-taught Yoga for Your Type at the Texas Yoga Retreat, and teaches workshops periodically at Yoga Rasa. Liz has over 250 hours of training in yoga and is registered with Yoga Alliance. Currently, Liz is studying Dr. David Frawley's Ayurvedic Healing Course and is available for personal consultations. Liz has also completed coursework in Anatomy & Physiology and Organic Chemistry. Liz additionally works for NASA and has an educational background in Mechanical Engineering and Space Operations.



Tracie Brace-Francis serves as Director of Yoga Studies for Yoga Rasa and holds the 500 hour Registered Yoga Teacher certification through Yoga Alliance. Tracie holds additional certifications through the Yoga Institute, The Institute of Ayurvedic Medicine, and Baylor Sports Medicine Institute.

She has also trained and serves as Meditation Guide and Mind/Body Spirit Coach for Yoga Rasa. Tracie has trained with leading experts in the field of Yoga, Ayurveda and meditation with such internationally respected teachers and authors as Dr. David Frawley, Sandra Summerfield Kozak, Dr. John Douillard, and the enlightened Swami Atma. Tracie's knowledge, skill and practice of Yoga has allowed her to successfully transition from business ownership in the oilfield industry to a career that is aligned with her

own passion in life, Yoga and the instruction of Aspiring Yoga
Teachers and Serious Students of Yoga.

www.YogaRasa.net