

Asana Immersion

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



Tracie Brace, E-RYT 500

*Yoga Rasa Director of Yoga Studies
Yoga Alliance Registered School*

Tuition \$385.00
Early Bird \$330, due 1/31/07



Registered Yoga School



Registered Yoga School

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

First Weekend: March 30-April 1

Friday, 3:30-9 pm

Pranayama & Philosophy

Saturday, 7 am – 4:30 pm

Forward Bends, Pelvic Stability,
Back Bends, Shoulder Stability;
Therapeutic Applications

Sunday, 7 am – 3 pm

Yoga Full Spectrum;
Teaching Methodology

Second Weekend: April 27-29

Friday, 3:30-9 pm

Pranayama & Dharana;
Therapeutic Applications

Saturday, 7 am – 4:30 pm

Inversions, Arm Balances,
Pranayama

Sunday, 7 am – 3 pm

Yoga Full Spectrum;
Teaching Methodology

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.



Yoga Rasa

3800R Spencer @ Burke • Pasadena, Texas 77504
Phone: 713-941-9642 • Website: www.YogaRasa.net



About your teacher....



Tracie Brace, E-RYT 500

Tracie is the founder of Yoga Rasa, where she empowers others to restore, improve, and maintain health with natural holistic methods by balancing mind, body, and spirit with the environment.

Tracie is a Yoga Alliance Registered Yoga Teacher and has trained and serves as Meditation Guide and Mind/Body/Spirit Coach. Tracie's training with leading experts in the fields of management, communications, coaching, relationships, weight loss, lifestyle management, Yoga, Ayurveda and meditation includes internationally recognized experts and respected teachers and authors including Sandra Summerfield Kozak, Dr. David Frawley, Shiva Rea, and the enlightened Swami Atma.

Tracie holds certification through Yoga Alliance, The Yoga Institute, The Institute of Ayurvedic Medicine, and Baylor Sports Medicine Institute. She maintains affiliation with Corporate Coach University and Coach University. She has facilitated leadership development programs and has been called on to consult with corporate management in conflict resolution.

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 yoga instruction for aspiring yoga teachers and serious students of yoga.



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