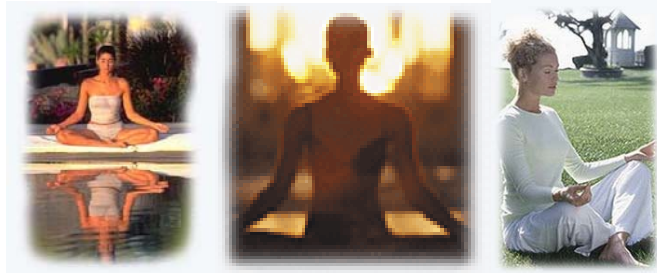


# Eight Hour Meditation Intensive Level 1 ~ TT250

February 25 and 26, 2006  
Saturday 12:30am-4:30pm  
Sunday 9:00am-1pm



## Yoga Rāsa

**3800R Spencer @ Burke • Pasadena, TX 77504**  
**Phone: 713-941-9642 • Website: [www.yogarasa.net](http://www.yogarasa.net)**



**\$75 Tuition**  
**\$65 early bird due 2/1/06**  
**Both levels \$120 due 2/1/06**



Join Tracie to:

*Discover . . .*

The simple, pleasant process of coherent thinking.

*Learn . . .*

To remain alert & observe yet calm & collected.

*Identify . . .*

Clouded perceptions preventing you from enjoying clear awareness.

*Enjoy . . .*

The fun, gentle & exhilarating results of meditation!

Please bring zafu, blanket, eye pillow, and bottled water.

**call now & RESERVE your place**

**713-941-9642**

# about your instructor



Tracie Brace, RYT 500

Tracie serves as Yoga Studio Director and Director of Yoga Studies for our Yoga Teacher Certification Program at the *Yoga Rasa*, a Registered Yoga School (RYS) through Yoga Alliance. Tracie empowers others to restore, improve and maintain health with natural holistic methods by balancing mind and body with their environment.

Tracie is a certified Yoga Teacher registered through the prestigious *Yoga Alliance*. She also has trained and serves as Meditation Guide and Mind/Body/Spirit Coach. Her training with leading experts in the fields of management, communications, coaching, relationships, weight loss, lifestyle management, Yoga, Ayurveda and meditation includes such internationally respected authors as Sandra Summerfield Kozak, Dr. David Frawley, Dr. John Douillard, and the enlightened Swami Atma.

Tracie holds certifications through The 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 has successfully transitioned 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.

To Register and Reserve Your Place

Call Now

713-941- YOGA

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*Yoga Rasa*

(Registered Yoga School, RYS 200, Yoga Alliance)

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Pasadena, Texas 77504

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