

General Daily Schedule

5:00 am - 5:45 am
Meditation, Chanting, Pranayama

6:00 am - 7:30
Class

7:30 am - 8:30 am
Breakfast

8:30 am - 12 noon
Class

Noon - 3:00 pm
Lunch & Break

3:00 pm - 5:00 pm
Class

5:00 pm - 6:00 pm
Dinner

6:00 pm - 8:30 pm
Class

End with Silence

Travel Information:

All participants can fly into Mexico City. If traveling from Houston, flights are available directly from IAH to Mexico City (MEX). A US Passport is required for air travel to/from Mexico.

Plan to arrive on the afternoon of July 15. Transportation from the airport to Jardin del Sol will be arranged for you. Tepoztlan is approximately 50 miles away from the airport.

Retreat Faculty



Tracie Brace, E - RYT 500
Director of Yoga Studies, Yoga Rasa



Stephen Phillips, PhD
Professor of Philosophy & Asian Studies,
University of Texas at Austin

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.

Our purpose at Yoga Rasa is to deliver and set the highest standards of yoga education. Our purpose is to create life-long Yoga Teacher education programs to enable personal growth of our students during life's journey and to empower others to embody the teachings of yoga that restore, improve, and maintain total health by balancing mind, body, and spirit with the environment.

“Be the change you wish to see in the world.”

- Mahatma Gandhi

10-Day Yoga Studies Intensive & Teacher Training Tepoztlan, Mexico



Yoga Rasa

3600R Spencer Hwy @ Burke
Pasadena, Texas 77504

713-941-9642

www.YogaRasa.net

Where?

Our 10-Day Yoga Studies Intensive & Teacher Training will be conducted in Tepoztlan, Mexico at Jardin del Sol. The Jardin del Sol grounds, surrounded by stunning mountains, offer delightful gardens, waterfalls, lakes, a small island, and huge swimming pool.

Tepoztlan is known as a mystical center and is home to many holistic practitioners, artists, musicians, shamans, and visionaries. Tepoztlan lies 6000 ft above sea level, nestled in the mountains, and has year-round perfect temperatures with low humidity.

When?

For 10 intensive days from June 15 - June 25, 2007 we will immerse ourselves in a yogic lifestyle, enjoy delicious vegetarian cuisine, learn from accomplished Yogis, develop inner confidence, and expand our knowledge and awareness.

Who Should Attend?

This Yoga Teacher Training Intensive is for Teachers, Aspiring Teachers, currently enrolled Yoga Rasa Teacher Training Students, and Serious Students of Yoga.



The Teachers:

Tracie Brace, E-RYT 500

Stephen Phillips, PhD

The Classes

Yoga Therapy

Mantra & Chanting

Eastern Anatomy

Eastern Anatomy of Breath and Breathing

Pranayama

Prana Vayus and Asana

Asana Alignment & Technique
(Anusara/Iyengar/Vinyasa Flow)

Nataraja Yoga Flow

Teacher Classroom Management, Observing, Props,
Adjustments, Partner Assists

Bandhas, Netis, Dristi, Purifications

Sanskrit Terminology

The Bhagavad Gita Study

Vedanata Study

Yoga Psychology: The Yoga Sutras

Diagnostic/Therapeutic Healing

Ayurvedic Healing

Teacher/Student Relationship—Teaching To The
Student

Yoga Teacher as Coach & Facilitator

Enrollment & Fees



Tuition includes 10 days lodging,
3 meals/day, &

Yoga Teacher Training Classes

Register early for significant savings!

Extra Early Bird registration - \$1700
Non-refundable deposit \$600, due 12/1/06
Balance due 3/1/07

Early Bird registration - \$1950
Non-refundable deposit \$600, due 2/1/07
Balance due 4/1/07

Passport to Balance registration - \$1750
Non-refundable deposit \$600,
due 12/15/06
Balance due 3/15/07

Regular registration - \$2500
Due 5/15/07

*"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."*