

# Taste of Lotus Moves



**Saturday, August 7  
12 - 3 pm**

**Presented by**  
Tracie Brace, Lola Scarborough,  
Dana Flanigan, Terri Lera,  
& Laura McGuire

**Wine & hors d'oeuvres will be served.**

Registration: \$55  
Early Bird Registration: \$49 by July 15

## **Featured Events:**

Champagne toast to celebrate Lotus Moves  
"How to Eat a Strawberry" with Lola  
Freaky Floor Fitness demonstration by Dana  
Nia Moves demonstration by Terri  
Belly Dance performance by Laura  
"Ignite the Fire of the Femme" talk with Tracie

**Tracie invites you and your friends for this Rasa-filled fun time.  
Get to know the teachers of Lotus Moves.**

Come dressed to sample some of the practices!

17226 Mercury @ El Camino & Medical Center  
Houston, TX 77058  
281-282-9400

[www.yogarasa.net](http://www.yogarasa.net)



# Yoga Rasa **Presents** Lotus Moves



Lotus Moves, the latest addition to Yoga Rasa, is a concept come to fruition through seeds planted from the driving desire of Padmaji Shakti's (Tracie's) soul for many years and a personal mission to ignite the fire that empowers people to unlock their juicy, beautiful and divine nature!



At Lotus Moves you will remember who you are beyond your daily roles and responsibilities, unlock your authentic nature and be empowered to create a life that is fun and effortless!



Yoga Rasa's Lotus Moves offers you the fun and wild side of fitness that will enable a level of fitness physically and mentally that will empower you to realize the most excellent quality of life!

***Simply Beautiful Fitness!***  
***Power, Strength and Grace***

Opening Expected ~ September 2010  
**Grand Opening Super Special Available Now**

For a limited time only ~ for first 100 people to enroll!  
(Offer expires August 5)

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## Registration – Taste of Lotus Moves

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone Number(s): \_\_\_\_\_ Email: \_\_\_\_\_  
Known Health Conditions: \_\_\_\_\_

### Disclaimer

Yoga is a system of healthy exercises designed to support optimum health. The approaches described and taught in this course are not offered as cures, prescriptions, diagnoses or a means of diagnosis to different conditions. The information must be viewed as an objective compilation of existing data and research. The instructors assume no responsibility in the correct or incorrect use of this information and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor.

By undersigning, I have reviewed, understand and agree to the above disclaimer.

\_\_\_\_\_  
**Signature**