

Weekend Intensive Yoga Studies

Yoga Teacher Training 250 & Continuing Ed For Certified Teachers



Tracie Brace, E-RYT 500

Padma Shakti

Director of Yoga Studies
Yoga Rasa School of Yoga

*A Yoga Alliance Registered School
Earn 18 Yoga Alliance Contact Hours*

August 23 and 24, 2008

6:30 a.m. - 5:00 p.m. each day

Early Bird Registration \$185

Deposit of \$75 due 7/26, balance due 8/9

Regular Registration \$275



Registered Yoga School



Registered Yoga School

Learn:

ॐ *Eight Limbs of Yoga-In-Depth Study*

ॐ *Designing and Sequencing Classes*

ॐ *Teaching and Learning Methodology*

Observation, Adjustments, Leadership

ॐ *Understanding Yoga As A Lifestyle*

ॐ *Personal Practice Development*

ॐ *Principles of Alignment*

ॐ *Finding the Power In Your Yoga*

3800 R spencer hwy | pasadena, TX 77504

713.941.9642 | www.yogarasa.net



About your teacher....

Tracie Brace, E-RYT 500



Tracie (Padma Shakti) is the founder and Yoga Studies Director for Yoga Rasa. Her ability to effectively disseminate the yoga teachings, leading students toward a more excellent quality of life and more subtle awareness and understanding in life, is made possible by her study and love of these great beings: Dr. David Hoch, Lex Gillian, Reverend Karen Tudor, Sandra Summerfield-Kozak, Rodney Yee, Erich Schiffmann, Shiva Rea, David Frawley and Swami Atma. There are many other masters and teachers unnamed to pay homage to as well, whether by lineage living now or before. Her current studies are influenced mostly by Rod Stryker, Shiva Rea, Dr. Stephen Phillips (Swamiji), Reverend Richard Rogers, Yoga Rasa Kula, Intuition and God.



Registration – Weekend Intensive 250 (8/23-24/08)

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