

# Weekend Intensive Yoga Studies

Yoga Teacher Training 500 & Continuing Ed For Certified Teachers



Registered Yoga School



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*

October 4-5, 2008

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

Early Bird Registration \$185

*\$50 non-refundable deposit due 9/13, balance due 9/20*

Regular Registration \$275

*Topics include:*

- ॐ Using the 8 limbs to evolve into a Yoga Mentor
- ॐ Developing the personal integrity to work one-on-one with students
- ॐ Becoming a source of wisdom for yourself and others
- ॐ Learning how to be present
- ॐ Developing your voice as a teacher & a leader
- ॐ Empowering yourself and your students - physically, emotionally, & spiritually
- ॐ Learning the internal process of becoming Love in action

Yoga Alliance credit hours include: Asana Technique, Teaching Methodology, & Yoga Philosophy

3800 R spencer hwy | pasadena, TX 77504

713.941.9642 | [www.yogarasa.net](http://www.yogarasa.net)



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# 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.



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### Registration – Weekend Intensive 500 (10/4-5/08)

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