

Women's Retreat

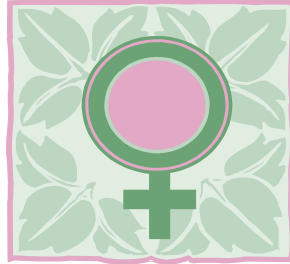
With

*Tracie Brace, RYT 500
(Padma Shakti)*

*Give Yourself The Time and Space
To Know Yourself and Grow*

I am a woman above everything else.

-Jacqueline Kennedy Onassis



I think the key is for women not to set any limits.

-Martina Navratilova

October 7, 8 & 9, 2005

*Margaret Austin Center
Chappell Hill, Texas*



“Passion, Potential & Heart”

ॐ What Lifts Your Spirit?

ॐ What Makes You Soar?

ॐ What Holds You Back?

Join Tracie and Other Women as we commune together in nature enjoying healthy meals and exploring these questions! Through Yoga, Self Discovery and Heart Opening Activities We Will Access that Authentic Part of Ourselves to Discover our True Passion and Tap Into Our Fullest Potential! You will gain insight into your strengths as you embrace your weaknesses and use your power to move beyond them!

Early Bird Registration

\$225.00 Per Person

**Deposit \$75.00 Due July 20, 2005*

**Balance Due August 15, 2005*



Regular Registration

\$275.00 Per Person

Includes Lodging, Meals and Classes

Margaret Austin Center

Chappell Hill, Texas



Yoga Rasa

3800R Spencer hwy @ Burke Pasadena, TX 77504

713.941.9642 www.YogaRasa.net

Yoga Registration

Name: _____

Address: _____

City: _____ **State:** _____ **Zip:** _____

Phones: _____

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