

Asana Immersion Workshop

Earn 32 Yoga Alliance Contact Hours

Technique, Teaching Methodology and Philosophy

Your Teacher

Tracie Brace, RYT 500

Director Yoga Studies Yoga Rasa

Yoga Alliance Registered School

General Tuition \$385.00

Early Bird Tuition \$299.00

Deposit \$100.00 due March 5/ Balance due March 12

**Special Tuition Rate Being Yoga Students and Teacher Training*

\$265.00 Due March 3

(Yoga Rasa teacher training students....you may apply Doug Keller

Tuition to this workshop as early bird or special tuition rate.)

Friday Evenings Only \$45.00 each night

Saturday and Sunday Each Day \$79.00 each day

**Friday March 18 6:30pm-9pm
Pranayama & Philosophy**

**Saturday March 19 7am-4:30pm
Forward Bends, Pelvic Stability & Back Bends & Shoulder
Stability;Therapeutic Applications**

**Sunday March 20 9am-3pm
Yoga Full Spectrum;Teaching Methodology**

**Friday April 22 6:30 pm-9pm
Pranayama & Dharana;Therapeutic Applications**

**Saturday April 23 7am-4:30 pm
Inversions & Arm Balances & Pranayama**

**Sunday April 24 9am-3pm
Yoga Full Spectrum;Teaching Methodology**

All classes will focus on understanding principles of alignment and muscular and organic energy. We will look at where yoga asana/vinyasa and pranayama reside in our personal spiritual practice and the incorporation of Bhakti Yoga. We will address the practice and teaching of Yoga from incorporating the awareness of kramas and perception of koshas.

This class is open to all serious yoga students at various levels of personal growth.

Yoga Rasa

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