

About Tracie Brace, E-RYT 500 (Padma Shakti)

Yoga Rasa, Founder & Director of Yoga Studies



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.



Tracie's Fitness Evolution

**Boot Camp Challenge:
Mind, Body & Spirit**



Yoga Rasa

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About Tracie's Fitness Evolution



Tracie's Fitness Evolution is a challenge spanning several weeks to get you in your best shape mentally, physically and spiritually. Tracie will combine her experience as a personal trainer, life coach and yoga teacher to empower you to reach your personal fitness goals! During the program we will combine body sculpting with weights, fitness ball stability programs, cardio training, circuit training, and yoga. During the initial orientation each participant will specify individual goals and vision for fitness and nutrition/diet and Tracie will coach you to create a mental framework that supports in creating the body, mind and life you desire.

Fitness Evolution orientation is a time of inspiration and motivation!! You will begin the process of setting your intention, goals and determining your nutrition program. Orientation will take place at our first meeting.

Upcoming Meeting Days/Times ~ February 2013 Session

Initial Coaching Session: Sunday, February 3 ~ 11 am - 12 pm

Four weeks training ~ 7-8 am on Monday & Wednesday

Training Dates: February 4 & 6, 11 & 13, 18 & 20, 25 & 27

About Tracie's Fitness Evolution



What does it mean to be a 'fit' person in every area of life?

To exert our willingness and determination enough to bring about a beautiful sense of harmony and vibrancy to body, mind and spirit, cultivating a robust adeptness in all areas of life!

We accept all levels of fitness and will seek to support you as a beginner on this path and will be sure to challenge the more fit participants. We will evaluate your fitness level at the initial orientation. No one will be left behind! Part of the success you will experience in this program will be the group support as we are all dealing with personal challenges – some simply look a little different than others.

This program is an investment in yourself that will offer returns for years to come. You will learn and implement programs that will become habit as you become totally fit physically and psychologically!