

**Yoga Rasa**  
**Advanced Yoga**  
**Studies Intensive**  
**&**  
**Teacher Training**  
**2005**  
**10 Day**  
**Retreat**  
**June 10—19, 2005**  
**Tara Yoga Center**  
**Big Island, Hawaii**  
**Yoga Rasa**  
**3800R Spencer Hwy @ Burke**  
**Pasadena, Texas**  
**77504**  
**713-941-9642**  
**[www.YogaRasa.net](http://www.YogaRasa.net)**

**Daily Schedule**  
**5:00 am - 5:45 am**  
**Meditation, Chanting, Pranayama**  
**6:00 am - 7:30**  
**Class Break Silence at 6 am**  
**7:30 am - 8:30 am**  
**Breakfast**  
**8:30 am - 10:00 am**  
**Class**  
**10:15 am - 12 noon**  
**Class**  
**Noon - 3:00 pm**  
**Lunch & Break**  
**3:00 pm - 5:00 pm**  
**Class**  
**5:00 pm - 6:00 pm**  
**Dinner**  
**6:00 pm - 8:30 pm**  
**Class**  
**End with Silence**  
**Travel Information:**

All participants need to fly into Hilo Airport, on the Big Island. Depending on your city and time of departure, this can be done direct, or you may have to connect through Honolulu. Plan to arrive in the afternoon. You will be picked up by the Tara Yoga Center Shuttle. Tara

Yoga Center is only 25 miles away from the airport.

**Where?** Our 10 Day Summer Yoga Studies Intensive & Teacher Training Retreat will be conducted this year on Big Island, Hawaii at Tara Yoga Center which is an exquisite ecologically designed center surrounded by lush tropical gardens, waterfalls and rivers. You will experience seclusion, peace and the sounds of abundant nature. Tara is located only 25 miles from Hilo airport yet is situated in the most verdant part of the island completely secluded, private and peaceful!

**When?** For 12 intensive days from July 23 – August 6, 2005 we will immerse ourselves in a yogic lifestyle, enjoy delicious vegetarian cuisine, and learn from accomplished Yogis, internationally renowned experts and published authors in the field of Yoga & Ayurveda.

**Who Should Attend?** This Yoga Teacher Training Intensive Retreat is for Teachers, Aspiring Teachers, currently enrolled Yoga Rasa Teacher Training Students and Serious Students of Yoga. Our Mission at Yoga Rasa is to deliver and set the highest standards of Yoga education. Our Purpose is to create life-long Yoga Teacher education programs to enable personal growth of our students during life's journey and to empower others to embody the teaching of Yoga that restore, improve and maintain total health by balancing mind, body and spirit with the environment. We represent integrity and unity. This is experienced through many different schools of Yoga. The faculties at Yoga Rasa are not selected based on which school of Yoga they come from but rather on their level of devotion to personal practice, commitment to personal growth

through study, enthusiasm, and living the principles of Yoga.

## **The Teachers**

**Tracie Brace, RYT 500**

**Swami Atma**

## **The Classes**

YogaVeda Therapy

EnerPilates

Mantra & Chanting

Eastern Anatomy

Eastern Anatomy of Breath and Breathing

Pranayama

Prana Vayus and Asana

Asana Alignment & Technique

(Anusara/Iyengar/Vinyasa Flow)

Nataraja Yoga Dance

Teacher Classroom Management,  
Observing, Props, Adjustments, Partner  
Assists

Bandhas, Netis, Dristi, Purifications

Sanskrit Terminology

The Bhagavad Gita Study

## **Vedanata Study**

**Yoga Psychology: The Yoga Sutras**

Diagnostic/Therapeutic Healing Ayurvedic  
Interventions

Teacher/Student Relationship-Teaching To  
The Student

Yoga Teacher as Coach & Facilitator

**Swim with the Dolphins!**

**आनंदोलंत इ छिडइ**

Tuition includes 10 days lodging, 3  
meals/day

Yoga Teacher Training Classes

Registration.....  
.....\$2,550.<sup>00</sup>  
**Non-refundable**  
Deposit.....\$ 600.<sup>00</sup>

## **PLEASE NOTE:**

**\$600.<sup>00</sup> deposit must be received  
prior to  
March 1, 2005  
Full payment must be received  
prior to  
April 1, 2005**

**We Offer  
EARLY BIRD  
REGISTRATION DISCOUNT!**

**Only  
\$2,050.<sup>00</sup>**

## **NOTE:**

**To Qualify for Early Bird  
Discount of \$2,050.<sup>00</sup>, the  
\$600.<sup>00</sup> non-refundable deposit  
must be received by March 1,  
2005 and full payment made by  
April 1, 2005.**

For additional information, please  
call

**713-941- YOGA**

**[ShantiRasa@houston.rr.com](mailto:ShantiRasa@houston.rr.com)**