

Yoga Rasa Wellness Forum

Creating a Lifetime Yoga Practice



Two opportunities to learn:

Wednesday, February 7
~ 7:30 pm ~

Friday, February 9
~ 10:30 am ~

Learn: the Three Stages of a lifelong Yoga Practice; the Three Aspects of Yoga Practice; and the roles of a Yoga teacher during your life. There will also be a brief overview of Krishnamacharya and Yoga's movement to America.

Cost: Free!

About your teacher...Amy Parnell

Amy's love of Yoga and the positive transformation the practice has on her body and mind led her to become a Yoga teacher. Amy graduated from the Yoga Rasa Teacher Training Program with her 250 Hour certification in August, 2006 and is Yoga Alliance registered. After completing the 250 Hour program, Amy continues her Yoga studies in the 500 Hour certification program at Yoga Rasa. Amy studies with Tracie Brace at Yoga Rasa and received instruction from Swami Atma and Shiva Rea. Her studies include asana, alignment, Ayurveda, Sanskrit, and Yoga philosophy. Amy's personal philosophy is the importance of Yoga in helping build compassion and love towards ourselves and others leading to a more peaceful planet.



This forum is a fusion of information received from attending the Rice Lecture of Srivatsa Ramaswami, a student of Krishnamacharya who studied with him for 20 years, Ramaswami's new book *Yoga Beneath the Surface: An American Student and his Indian Teacher Discuss Yoga Philosophy and Practice*, Patanjali's *Yoga Sutras*, attending Tracie's workshops, and Amy's personal experience.



Yoga Rasa

3800R Spencer Hwy • Pasadena, TX 77504
Phone: 713-941-9642 • Website: www.YogaRasa.net

