

Yoga Rasa Wellness Forum

The Power of Sound

Discover how what you hear affects your health



Ashley will discuss:

- ✦ Music in the structures of the ✦
Microcosm & Macrocosm
- ✦ The effect of sound on ✦
health & well-being
- ✦ Mantra and Kirtan ✦
What are they?



Two opportunities:

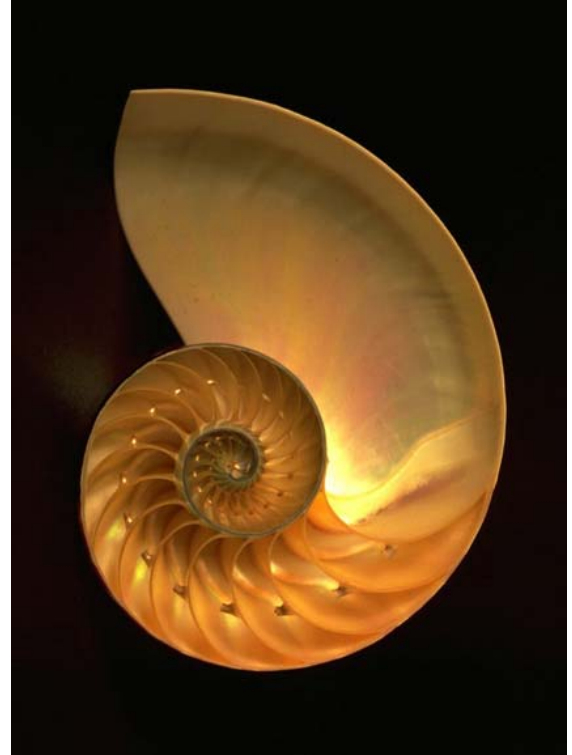
Wednesday, May 2

✦ 7:30 pm ✦

Friday, May 4

✦ 10:30 am ✦

Cost: Free!



About your teacher...Ashley Milne

Ashley was first introduced to hatha yoga by a roommate during college and started taking classes at the University of Michigan as a way to relieve stress and get some regular exercise. Through her personal study, she also began practicing meditation around the same time. As a student employee at NASA the following semester, Ashley sought out a local yoga studio to further her understanding of the practice. Luckily, Liz was one of her co-workers then and introduced her to Yoga Rasa! After finishing school, Ashley moved to Clear Lake full-time. Some might say it was for her job in Mission Control, but she'll tell you it was ultimately for the incredible community of Yoga Rasa.

A desire to integrate yoga as a lifestyle and share the practice with others inspired Ashley to enroll in teacher training. She has studied with Tracie Brace, Shiva Rea, Swami Atma, Jai Uttal and other senior teachers. She is a Yoga Alliance registered teacher, having completed her 250-hour teaching certification at Yoga Rasa. During her free time when she's not at the studio, Ashley enjoys playing and listening to live music, spending time with friends, traveling and attempting to surf (or wishing for waves). She also has a growing photography business.

Ashley credits her personal studies with Tracie and her experiences in teacher training with incredible positive transformation in all aspects of her life. She believes yoga provides the practical tools to help people empower themselves toward total well-being on a daily basis.