

## About Your Retreat Leader

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

*Yoga Rasa, Founder & Director of Yoga Studies*



Tracie (Padma Shakti) is the founder and Yoga Studies Director for Yoga Rasa. She has successfully led students on retreat and trainings in Costa Rica, Hawaii, and Mexico. 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.



# Women's Retreat Grace & Gratitude Holiday

Margaret Austin Center, Chappell Hill, Texas

December 12-14, 2008



*Yoga Rasa*

3800R Spencer @ Burke • Pasadena, TX 77504

713-941-9642 • [www.yogarasa.net](http://www.yogarasa.net)

## Remember the Real You

Unplug from the frenzy of the seasonal rush and spend a nurturing weekend at one of the most important times of the year to rebirth the real you! Give yourself the gift of time and space to reflect on who you are, what your purpose is and how you might live a life that is always in a state of love and grace.

During this weekend together, Tracie will serve as your guide, sister and friend on a profound and insightful journey back home to yourself. Through yoga, directed intention of gratitude and heart-opening activities we will create a space that is enlivened with joy so vibrant we will go back into the world like a light that is renewed, refreshed and ready to BE what the holiday season is truly meant to be.

Let go of striving – empower yourself to allow the flow of grace to be the guiding principle in your life.



**Do not go where the path may lead, go instead where there is no path and leave a trail. ~ Ralph Waldo Emerson**

### *Work With:*

*Passion*  
*Forgiveness*  
*Compulsions/Masks*  
*Gratitude/Appreciation*

## On This Retreat, You Will

- \*\* *Ignite* the power to purify self-defeating activities
- \*\* *Unlock* your authentic nature
- \*\* *Empower* your divine feminine
- \*\* *Create* a life that is fun and effortless
- \*\* *Develop* a deeper capacity for love
- \*\* *Learn* how to speak your truth with power & poise
- \*\* *Remember* who you are beyond your daily roles & responsibilities

*Allow yourself  
~ to be taken care of ~*

Lodging, classes, & food  
included in registration

Wonderful Gourmet Meals  
prepared by our beloved  
Linda Salinas!



### **Regular Retreat Schedule:**

Friday, Dec. 12 at 1 pm to Sunday, Dec. 14 at 1 pm

### **Pre-Retreat (optional) – Deepen Your Transformation:**

Meditation & Reflection Intensive with Tracie

Thursday, Dec. 11 at 4 pm to Friday, Dec. 12 at 9 am