

Rasa Asana Immersion

Three amazing weekends of yoga study.

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

May 25-27, June 1-3 & 8-10, 2012

Hours:

Friday: 6:30-8:30 pm

Saturday: 7 am – 2 pm

Sunday: 8 am – 3 pm

All 3 weekends:

Regular Registration \$528, Early Bird \$480*

*Due 4/27

Single weekend: \$185



For all students interested in deeper study and practice of yoga.



Registered Yoga School

Tracie will cover:

- * Awakening the spine *
- * Cultivation of core strength *
- * Linking breath and movement *
- * Fundamentals and anatomy of power poses *
- * Linear, circular, and organic principles of movement *
- * Accessing advanced poses through vinyasa krama or sequencing *
- * Evolving your practice through the koshas or levels of awareness *
- * In-depth technique of poses, including arm balances and inversions *
- * Using asana practice to transcend the klesas or obstacles to happiness *

This workshop is part of our **PRANA/Evolving the Body** series, focusing on bringing forth the innate wisdom and incredible power of the body and learning to use it.

If you like this workshop, you will also want to check out *Advanced Anatomy of Yoga*.

17226 Mercury @ El Camino & Medical Center
Houston, TX 77058
281-282-9400

www.yogarasa.net



About Your Teacher...

Tracie Brace (Padma Shakti), E-RYT 500



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.

*“The journey to mastering Yoga’s
challenging postures empowers you
to journey through life’s challenges with mastery.”
~ Tracie Brace*

Registration – Rasa Asana Immersion (May/June 2012)

Payment submitted with registration

Apply payment from Yoga Rasa Teacher Training program

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number(s): _____ Email: _____

Known Health Conditions: _____

Disclaimer

Yoga is a system of healthy exercises designed to support optimum health. The approaches described and taught in this course are not offered as cures, prescriptions, diagnoses or a means of diagnosis to different conditions. The information must be viewed as an objective compilation of existing data and research. The instructors assume no responsibility in the correct or incorrect use of this information and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor. I also understand that my registration payment is non-refundable and non-transferrable.

By undersigning, I have reviewed, understand and agree to the above disclaimer.

Signature