

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, Mexico, and Peru. 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.



Grace & Gratitude: Reclaiming the Light of the Feminine Women's Retreat



Namaste Retreat Center, Boerne, Texas

August 31 – September 3, 2012



17226 Mercury • Suite 108 • Houston, TX 77058

281.282.9400 • www.yogarasa.net

Remember the Real You

Unplug from the day to day pace of life and spend a nurturing weekend 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 we as women are truly meant to be.

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



On This Retreat, You Will

- ♦ Remember Your Authentic Self
- ♦ Empower your divine feminine
- ♦ Give Rise to the Voice Within You
- ♦ Learn Your Truth; Speak Your Truth
- ♦ Develop a deeper capacity for love
- ♦ Create Full & Meaningful Relationships
 - ♦ See Your Beautiful Self
 - ♦ Live the Life You Dream

Space very limited, register early!

*Allow yourself
~ to be taken care of ~*

Lodging, classes, & food included in registration

Wonderful Gourmet Meals prepared by our beloved shakti Linda Salinas!



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

Retreat Schedule:

Friday, August 31 at 1 pm to Monday, September 3 at 10 am