

Meditation Intensive: Dharana

~ Focus your mind and change your life ~

June 10 – 11, 2017

12-4 pm both days

*Develop the mental edge in
this effective weekend
workshop.*

\$110 Tuition

\$90 Early Bird due 05/26/17

Both levels \$150 due 05/26/17

(Level 2 scheduled for September 23 – 24, 2017)



This workshop combines lecture and discussion with short periods of meditation practices.
No prior experience necessary ~ great for beginners!

Join Padma (Tracie) to:

DISCOVER

the simple, pleasant process of coherent thinking.

LEARN

to remain alert & observe yet calm & collected.

IDENTIFY

clouded perceptions preventing you from enjoying clear awareness.

ENJOY

the fun, gentle & exhilarating results of meditation!

This workshop is part of our **RASA/Introduction to Mind/Body Dynamics** series, focusing on generating awareness of the basic universal principles of mental & physical health.

If you like this workshop, you will also want to check out **Ayurveda: Holistic Living**.



17226 Mercury @ El Camino & Medical Center, Suite 108
Houston, TX 77058 • 281-282-9400
www.rasayogaschool.org

About Your Teacher...



Tracie Brace Hatton (Padma Shakti) E-RYT 500, Director of Yoga Studies

Tracie (Padma Shakti) is the founder and Yoga Studies Director for Rasa Yoga. 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 Mahadevi, Shiva Rea, Dr. Stephen Phillips (Swamiji), Yoga Rasa Kula, Intuition and God.



Registered Yoga School



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Registration – Meditation Intensive: Dharana (June 10 - 11, 2017)

- Payment submitted with registration Apply payment from Yoga Rasa Master's Path Program

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number(s): _____ Email: _____

Known Health Conditions: _____

Refund Policy: No refunds or transfers will be issued on class tuition, workshops, upper level programs, private yoga lessons, sound healing sessions or chiropractic. Retail: Rasa Yoga will issue a store credit on unused and unopened items purchased within 14 days. No refund or credit will be given on books.

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 agree to hold harmless Visible Belief Education Foundation, Rasa Yoga School of Yoga and Ayurveda, and all of their subsidiaries, affiliates and teachers.

Signature