



Weekend Intensive:

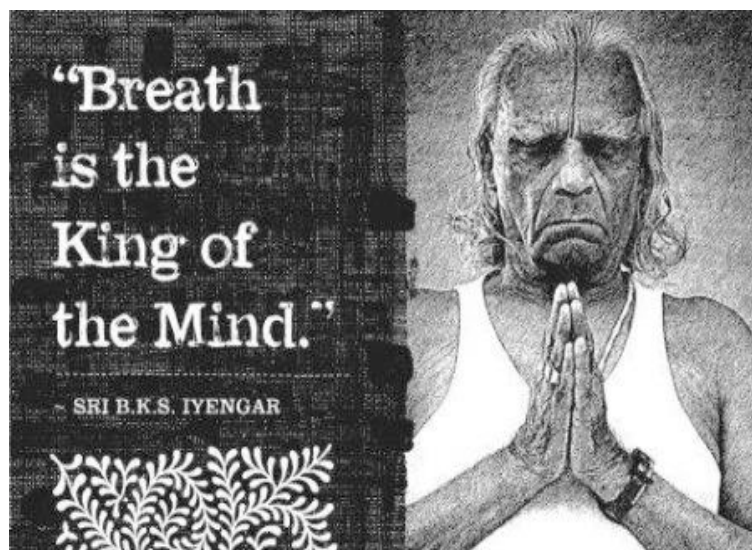
Yoga as Pranayama

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

~ October 14 – 15, 2017 ~
6:30 am – 5:00 pm each day

\$275 Regular Registration

\$ 185 Early Bird, due by Sept 16th



You will learn:

- ॐ Eight Limbs of Yoga-In-Depth Study
- ॐ Designing and Sequencing Classes
- ॐ Teaching and Learning Methodology
- ॐ Observation, Adjustments, Leadership

- ॐ Understanding Yoga As A Lifestyle
- ॐ Personal Practice Development
- ॐ Principles of Alignment
- ॐ Finding the Power In Your Yoga

This workshop is part of our VICHARA/Understanding Consciousness series, teaching you methods of harnessing and directing your energy toward personal growth, allowing you to then effectively lead others. If you like this workshop, you will want to check out *Advanced Yoga Studies: Art of Teaching*.



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

About Your Teacher...

Tracie Brace (Padma Shakti), E-RYT 500



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.

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

Registration – Weekend Intensive: Yoga as Pranayama (10/14 – 15, 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
