

Yoga Raks:

Movement Journey through the Chakras



In this workshop you will learn:

- introduction to the Chakras
- brief history of Belly Dance
- benefits of Belly Dance
- how Belly Dance and Yoga Philosophy can work together

Open to all levels of Yoga and dance students

Saturday, April 8 from 12 - 3 pm

Regular Registration \$45

Early Bird Registration \$36 (due by 3/25/17)

"Dance is breath made visible." Anna Halprin



SCHOOL OF YOGA & AYURVEDA

About Your Teacher:

Rhon Barras (Radha Bhava), RYT 250



Rhondale-Marie (Rhon) Barras has been studying with her Yoga teacher, Padma Shakti (Tracie Brace Hatton) for more than 10 years. Rhon began teaching Children's Yoga in 2007. Her interest in culture (primarily in language and music) began at an early age within her own family of southwest Louisiana Creole and Zydeco music. She began studying belly dance in 2006 and has become increasingly inspired by how much her yoga practice integrates so much of her life, including dance. Rhon is also a PreK teacher who enjoys traveling and studying languages.

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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.

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