

# RASA YOGA

## Asana Immersion

Earn 32 Yoga Alliance Contact Hours  
*Technique, Teaching Methodology and Philosophy*



with

**Tracie Brace Hatton**  
(Padma Shakti), E-RYT 500  
*Rasa Yoga Director of Yoga Studies*  
*Yoga Alliance Registered School*



Registered Yoga School



Registered Yoga School

**An in-depth, three-weekend course!**  
March 31-April 2 • April 21-23 • April 28-30

Friday 3:30-9 pm • Saturday 7 am – 4:30 pm • Sunday 7 am – 3 pm

\$620 Regular Tuition  
\$550 Early Bird Tuition\*  
\*Due 3/17

*Pay by the day option:*  
*Friday sessions \$60 each night.*  
*Saturday or Sunday sessions \$100 each day.*

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All classes will focus on understanding principles of alignment and muscular and organic energy. We will look at where yoga asana/vinyasa and pranayama reside in our personal spiritual practice and the incorporation of Bhakti Yoga. We will address the practice and teaching of Yoga from incorporating the awareness of kramas and perception of koshas.  
This class is open to all serious yoga students at various levels of personal growth.

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***"The journey to mastering Yoga's challenging postures empowers you to journey through life's challenges with mastery." ~ Padma Shakti***



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This workshop is part of our **ANNAMAYA/Understanding the Body** series, focusing on learning the biomechanics of the body and how to apply them.

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

# 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.



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### Registration – Asana Immersion 2017

Payment submitted with registration

Apply payment from Rasa Yoga Teacher Training 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.

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Signature