

The Perfect “Wrong” Student: Surrender & Letting Go of Control



August 26, 2017

12-4 pm

\$60 Registration
\$48 Early Bird Registration
(Due August 12)

Join Denise to explore the yogic practice of Ishvara pranidhana

Ishvara pranidhana, or surrender to God, is a foundation of yoga practice.

In this workshop, you will learn:

- What surrender is and why it is essential for freedom •
- How mistakes are an integral part of the growth process •
- How to reawaken natural vitality and enjoy being in process •
 - How chaos gives rise to a higher level of order •
- How to let go of judgment, comparison and competition •

“To play a wrong note is insignificant. To play without passion is inexcusable.”
– Ludwig van Beethoven

About your Teacher....



Denise Ngo (Padmasri Durga) RYT 500

Denise is passionate about creating harmony in the world through inspiring transformation of self and others. She began practicing yoga in 2006 and as a classically trained musician immediately saw many parallels between the art, sciences and philosophies of both yoga and music. She has been teaching weekly classes at Yoga Rasa since 2008 and is currently working toward her E-RYT 200 certification. Denise extends deep gratitude and love to her teacher Padma Shakti (Tracie Brace Hatton) for the guidance and teachings she has received. She

has also taken workshops and trained with Mahadevi (Sandra Summerfield Kozak), and Swami-ji Dr. Stephen Phillips and also acknowledges the profound influence Dr. Paul Hatton has had in her journey. Denise also enjoys sharing music with children as an elementary music teacher and practicing, performing and spending time with her husband, David. "Only if we are still enough inside, can we become aware that there is a hidden harmony here...a sacredness." - Eckhart Tolle

"The best way for a student to get out of difficulty is to go through it."
~ Aristotle

Registration – The Perfect “Wrong” Student (August 2017)

Payment submitted with registration

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