

2013 Archived Event Schedule

JANUARY 2013

1/5	Quarterly Master's Path Meeting Mandatory for all students in Master's Path Programs 11 am - 2 pm	300 & 500
1/16	Awaken Your Inner Teacher Teacher: Tracie Brace, E-RYT 500	
1/19 thru 3/2	'Cliff Notes' for Yoga 7 weeks to Understanding Yoga Presented by the Yoga Rasa teachers	
1/19-20	Meditation Intensive: Dharana Teacher: Tracie Brace, E-RYT 500	300
1/26-27	Meditation Intensive: Dhyana Teacher: Tracie Brace, E-RYT 500	500

FEBRUARY 2013

2/2-3	Anatomy of Yoga (Part 1 of 2) Teacher: Ande Smith, RYT 200 Part 2: 3/23-24	300
2/3-27	Fitness Evolution Session 1 Teacher: Tracie Brace Hatton Orientation, Sunday 2/3 ~ 11 am - 12 pm Training dates: M & W 7-8 am	
2/6	Polesque Rhythms Teachers: Martha, Becca, & Elle	
2/7-10	Fire of the Heart ~ The Ultimate Valentine Event Practice, Pray & Play Passionately With Rev. Kyra Baehr	

MARCH 2013

3/1-3	Texas Yoga Conference	
3/13	Awaken Your Inner Teacher Teacher: Tracie Brace Hatton, E-RYT 500	
3/16	Belly Dance Workshop Teacher: Jahari (Lisa Wink)	
3/23-24	Anatomy of Yoga (Part 2 of 2) Teacher: Ande Smith, RYT 200 Part 1: 2/2-3	300

3/29-4/22 **Fitness Evolution Session 2**
Teacher: Tracie Brace Hatton
Training dates: March 29, April 1, 3, 8, 10, 15, 17, 19
Training time: 7-8 am

A P R I L 2013

4/3 **Pole. Play. Party.**
Hosted by Elle & John

4/5-7 **Asana Immersion (Part 1 of 3)** 300
Teacher: Tracie Brace, E-RYT 500
Part 2: 4/19-21
Part 3: 5/17-19

4/10 **Awaken Your Inner Teacher**
Teacher: Tracie Brace Hatton, E-RYT 500

4/13 **Quarterly Master's Path Meeting** 300
Mandatory for all students in Master's Path Programs &
11 am - 2 pm 500

4/13 **Asake Moves Foundation**
Teacher: Jennifer Craig

4/14 **Self Defense Workshop**
Teacher: Ronnie Milton

4/19-21 **Asana Immersion (Part 2 of 3)** 300
Teacher: Tracie Brace, E-RYT 500
Part 1: 4/5-7
Part 3: 5/17-19

4/25-5/5 **Awakening the Heart Yoga Retreat**
Practice ~ Pray ~ Play Passionately
Tuscany, Italy

4/27 **Belly Dance Workshop**
Teacher: Jahari (Lisa Wink)

M A Y 2013

5/10-12 **Invitational Leadership Retreat**
Leaders' retreat to discuss vision & direction of Yoga Rasa.

5/11 **Pole Play: Stripping Away Illusions**
Teacher: Elle Anders, RYT 300

5/15 **Awaken Your Inner Teacher**
Teacher: Tracie Brace Hatton, E-RYT 500

5/17-19 **Asana Immersion (Part 3 of 3)** 300
Teacher: Tracie Brace, E-RYT 500
Part 1: 4/5-7
Part 2: 4/19-21

5/20-6/12	Fitness Evolution Session 3 Teacher: Tracie Brace Hatton Training dates: May 20, 22, 29, 31, June 3, 5, 10, 12 Training time: 7-8 am	
5/22	Pole. Play. Party. Hosted by Elle & John	
5/25-7/6	Pole Play: Stripping Away Illusions 6 week series! Teacher: Elle Anders, RYT 300	
5/25-26	Ayurveda: Holistic Living Teacher: Liz Antognoli, E-RYT 500	300
5/29-6/2	Sandra Summerfield Kozak! Yoga Rasa Welcomes Tracie's Beloved Teacher Join Sandra for 8 enlightening events	

J U N E 2013

6/5	Awaken Your Inner Teacher Teacher: Tracie Brace Hatton, E-RYT 500	
6/8	Authentic Relating Leadership Invitational Facilitated by Authentic Life: A Company About Community and Human Connection	
6/11-27	Zumbatomic Summer Kids Program Teacher: Jessica Lim For kids ages 4-12 Tuesdays & Thursdays 10-11 am 6 sessions: June 11, 13, 18, 20, 25, 27	
6/14-23	Rasa Vidya Master's Path Intensive Retreat Cabo San Lucas, Mexico Teacher: Tracie Brace, E-RYT 500	500
6/28-7/9	Smarana Intensive (12-Day Yoga Intensive) Teacher: Tracie Brace, E-RYT 500	300 & 500
6/30	Attachment Workshop Teacher: Victoria Scott	

J U L Y 2013

7/5	Nataraja Yoga Flow Teacher: Tracie Brace Hatton, E-RYT 500 7:30 pm	
7/6	Quarterly Master's Path Meeting Mandatory for all students in Master's Path Programs 11 am - 2 pm	300 & 500
7/13-14	Ayurveda: Cultivating Vitality and Wisdom Teacher: Gracie Medrano, RYT 500	500

7/15-8/7	Fitness Evolution Session 4 Teacher: Tracie Brace Hatton Training dates: July 15, 17, 22, 24, 29, 31, August 5, 7 Training time: 7-8 am	
7/17	Awaken Your Inner Teacher Teacher: Tracie Brace Hatton, E-RYT 500	
7/20-21	Master's Path Review Session	300 & 500
7/24	Pole. Play. Party. Hosted by Elle & John	
7/27-28	Master's Path Assessment	300 & 500

AUGUST 2013

8/2-4	Rasa Asana Immersion (Part 1 of 3) Teacher: Tracie Brace, E-RYT 500 Part 2: 8/16-18 Part 3: 8/23-25	500
8/5-14	10 Day Yoga Flow Workshop Challenge Teacher: Tracie Brace Hatton, E-RYT 500	
8/10-11	Pole Immersion Part 1 Teachers: Elle & John Part 2: August 31 - September 1	
8/16-18	Rasa Asana Immersion (Part 2 of 3) Teacher: Tracie Brace, E-RYT 500 Part 1: 8/2-4 Part 3: 8/23-25	500
8/23-25	Rasa Asana Immersion (Part 3 of 3) Teacher: Tracie Brace, E-RYT 500 Part 1: 8/2-4 Part 2: 8/16-18	500
8/25	Fall Belly Dance Workshop Series Teacher: Jahari (Lisa Wink) Additional dates: 9/22 & 10/13	
8/31-9/1	Pole Immersion Part 2 Teachers: Elle & John Part 1: August 10-11	

SEPTEMBER 2013

National Yoga Month!

9/6-8	Invitational Leadership Retreat Leaders' retreat to discuss vision & direction of Yoga Rasa.	
9/9-10/2	Fitness Evolution Session 5 Teacher: Tracie Brace Hatton Training dates: Sept 9, 11, 16, 18, 23, 25, 30, Oct 2 Training time: 7-8 am	

9/13-15	Nicolai Bachman ~ 5 events	
9/14-11/2	Cliff Notes for Yoga 7 weeks to Understanding Yoga Saturdays 7:30-8:30 am	
9/21-22	Meditation Intensive: Dharana Teacher: Tracie Brace, E-RYT 500	300
9/22	Fall Belly Dance Workshop Series Teacher: Jahari (Lisa Wink) Additional dates: 8/25 & 10/13	
9/23	Nataraja Yoga Flow 7:30 pm.	
9/28	Yoga History, Gods, Myths and Asana Teacher: Karen Hunt	
9/30	Awaken Your Inner Teacher Teacher: Tracie Brace Hatton, E-RYT 500 Monday, 5:30 pm.	

OCTOBER 2013

10/5	Quarterly Master's Path Meeting Mandatory for all students in Master's Path Programs 11 am - 2 pm	
10/5-6	Weekend Intensive: Yoga as Pranayama Teacher: Tracie Brace, E-RYT 500	300 & 500
10/13	Fall Belly Dance Workshop Series Teacher: Jahari (Lisa Wink) Additional dates: 8/25 & 9/22	
10/19-20	Weekend Intensive: Yoga as Self-Mastery Teacher: Tracie Brace, E-RYT 500	500
10/24	Halloween at Yoga Rasa	
10/28	Awaken Your Inner Teacher Teacher: Tracie Brace Hatton, E-RYT 500 Monday, 5:30 pm. Please RSVP!	
10/28-11/20	Fitness Evolution Session 6 Teacher: Tracie Brace Hatton Training dates: Oct 28, 30, Nov 4, 6, 11, 13, 18, 20 Training time: 7-8 am	
10/31	Halloween at Yoga Rasa	

NOVEMBER 2013

11/2-3	Ayurveda: Holistic Living Teacher: Gracie Medrano, RYT 500	300
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- 11/4 **Open House / Awaken Your Inner Teacher**
With Tracie Brace Hatton, E-RYT 500
- 11/6-7 **Pole Workshops**
With Allison Wardwell and Tracee Kafer
- 11/9 **Healing Through Yoga**
Teacher: Gracie Medrano, RYT 500
- 11/9 **Melee on the Bayou!**
Houston's premier pole competition.
- 11/10 **Asake Moves Workshop**
Teacher: Jennifer Craig
- 11/16 **MS Walk ~ Kemah**
Saturday, 8am - 12pm
- 11/16-17 **Advanced Yoga Studies: Art of Teaching** 300 &
Teacher: Tracie Brace, E-RYT 500 500
- 11/22-23 **Yoga + Wine + Chocolate ~ 3 events**
Yoga Rasa welcomes back David Romanelli!
Teacher: David Romanelli
- 11/24 **Community Pot Luck**
Join us at 11:30 am to share food & presence

DECEMBER 2013

- 12/5 **Yoga Rasa Book Club**
Book Chat at Allegria Wine Bar
- 12/6 **Yoga Rasa PJ Day**
To support Easter Seals
- 12/6-8 **Invitational Leadership Retreat**
Leaders' retreat to discuss vision & direction of Yoga Rasa.
- 12/9 **Open House / Awaken Your Inner Teacher**
With Tracie Brace Hatton, E-RYT 500
- 12/12 **Yoga Rasa/Lotus Moves Night at Upstage Arts**
Everyone is invited to join us for this special Holiday evening
& fundraiser for the kids of Upstage Arts.
- 12/14-15 **Advanced Yoga Studies: Yoga Sadhana** 500
Teacher: Tracie Brace, E-RYT 500
- 12/27-1/7 **10 Day Yoga Flow Workshop Challenge**
Teacher: Tracie Brace Hatton, E-RYT 500
- 12/31 **New Year's Eve Nataraja Flow & Intention Setting**
Join Tracie to begin the New Year with focused intention