

2014 Archived Event Schedule

JANUARY 2014

1/10-11	Pole Workshop with CryStylez Yoga Rasa welcomes Crystal Belcher	
1/11	Quarterly Master's Path Meeting Mandatory for all students in Master's Path Programs 10:30 am - 12 pm	All MITs
1/11-12	Meditation Intensive: Dharana Teacher: Tracie Brace Hatton, E-RYT 500	300
1/12	Belly Dance Workshop Teacher: Jahari (Lisa Wink)	
1/13	Yoga Rasa Open House With Tracie Brace Hatton, E-RYT 500	
1/14	Yoga Rasa Book Club	
1/19	Belly Dance Workshop Teacher: Jahari (Lisa Wink)	
1/23-26	Sandra Summerfield Kozak	
1/31-2/2	Texas Yoga Conference Location: Silver Street, 2000 Edwards St, Houston	

FEBRUARY 2014

2/3-26	Fitness Evolution Session 1 Teacher: Tracie Brace Hatton Training dates: Feb 3, 5, 10, 12, 17, 19, 24, 26 Training time: 7-8 am	
2/7-9	Live, Love, Learn...and Laissez Les Bons Temps Rouler Valentine's weekend with the Fab 5!	
2/15-4/12	'Cliff Notes' for Yoga 8 weeks to understanding yoga Presented by the Yoga Rasa teachers	
2/15-16	Anatomy of Yoga, Part 1 of 2 Teacher: Ande Smith, RYT 200 Part 2: March 1-2	300
2/16	Belly Dance Workshop Teacher: Jahari (Lisa Wink)	
2/21	Polesque Rhythms Dancing, Food, & Fun with our Lotus Moves teachers.	
2/22	Awaken Your Inner Teacher: Yoga as Life Mastery With Tracie Brace Hatton, E-RYT 500	

2/22-23	Meditation Intensive: Dhyana Teacher: Tracie Brace Hatton, E-RYT 500	500
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M A R C H 2014

3/1-2	Anatomy of Yoga, Part 2 of 2 Teacher: Ande Smith, RYT 200 Part 1: February 15-16	300
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3/4	Yoga Rasa Book Club	
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3/8-9	Ayurveda: Cultivating Vitality & Wisdom Teacher: Gracie Medrano, RYT 500	500
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3/14-16	Invitational Leadership Retreat Leaders' retreat to discuss vision & direction of Yoga Rasa.	
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3/16	Belly Dance Workshop Teacher: Jahari (Lisa Wink)	
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3/17-4/9	Fitness Evolution Session 2 Teacher: Tracie Brace Hatton Training dates: Mar 17, 19, 24, 26, 31, Apr 2, 7, 9 Training time: 7-8 am	
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3/22-23	Advanced Anatomy of Yoga, Part 1 of 2 Teachers: Tracie Brace Hatton, E-RYT 500 & Dr. Paul Hatton, DC Part 2: March 29-30	500
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3/24	Awaken Your Inner Teacher 11:30 am or 7 pm With Tracie Brace Hatton, E-RYT 500	
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3/29-30	Advanced Anatomy of Yoga, Part 2 of 2 Teachers: Tracie Brace Hatton, E-RYT 500 & Dr. Paul Hatton, DC Part 1: March 22-23	500
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3/31	Yoga Rasa Open House With Tracie Brace Hatton, E-RYT 500 Wellness Forums, sale, prizes, snacks and much more!	
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A P R I L 2014

4/4-6	Asana Immersion, Part 1 of 3 Teacher: Tracie Brace Hatton, E-RYT 500 Part 2: April 25-27 Part 3: May 2-4	300
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4/5	Quarterly Master's Path Meeting Mandatory for all students in Master's Path Programs 11 am - 2 pm	All MITs
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4/18-22	Yoga Rasa Spring Fling Join us Friday through Tuesday! Specials, Massage Teasers, Easter Egg Hunt & more!	
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AUGUST 2014

8/1-3	Rasa Asana Immersion, Part 1 of 3 Teacher: Tracie Brace Hatton, E-RYT 500 Part 2: August 15-17 Part 3: August 22-24	500
8/8	Enough! Stopping the Food Battle Teacher: Michelle Gregovic	
8/14	Courageous Living "Embracing Change" Teacher: Padma Shakti	
8/15-17	Rasa Asana Immersion, Part 2 of 3 Teacher: Tracie Brace Hatton, E-RYT 500 Part 1: August 1-3 Part 3: August 22-24	500
8/22-24	Rasa Asana Immersion, Part 3 of 3 Teacher: Tracie Brace Hatton, E-RYT 500 Part 1: August 1-3 Part 2: August 15-17	500
8/29-31	Invitational Leadership Retreat Leaders' retreat to discuss vision & direction of Yoga Rasa.	

SEPTEMBER 2014

9/5	Wellness Business Alliance JSC Federal Credit Union 9 am - 5 pm	
9/6-11/1	Cliff Notes for Yoga 8 weeks to understanding yoga Presented by the Yoga Rasa teachers	
9/8	Yoga Rasa Open House All Day Complementary Classes & Consults by Appointment	
9/13-14	Meditation Intensive: Dharana Teachers: Gracie Alcocer & Denise Ngo, RYT 500s	300
9/8-10/1	Fitness Evolution Session 5 Teacher: Tracie Brace Hatton Training dates: : Sep 8, 10, 15, 17, 22, 24, 29, Oct 1 Training time: 7-8 am	
9/20	Business of Abundance Training 11 am - 1 pm Mandatory for all teachers	All staff
9/20-21	Meditation Intensive: Dhyana Teacher: Padma Shakti, E-RYT 500	500
9/23	Business After Hours	

9/25 **Courageous Living**
"Be the Tree"
Teacher: Padma Shakti

OCTOBER 2014

10/4-5 **Weekend Intensive: Yoga as Pranayama**
Teacher: Tracie Brace, E-RYT 500 300 &
500

10/6 **Yoga Rasa Open House**
All Day Complementary Classes &
Consults by Appointment

10/9 **Courageous Living**
"Take off Your Mask - Living Authentically"
Teacher: Padma Shakti

10/11 **Quarterly Master's Path Meeting** All
Mandatory for all students in Master's Path Programs MITs
11 am - 2 pm

10/11-12 **Weekend Intensive: Yoga as Self-Mastery** 500
Teacher: Tracie Brace, E-RYT 500

10/25 **Bhakti House Band Kirtan**
7-9 pm
Love offering

10/26 **The Art of Making Chai**
Teacher: Shanti Webb

10/27 **Black Light Yoga Night**

NOVEMBER 2014

11/1-2 **Ayurveda: Holistic Living** 300
Teacher: Gracie Medrano, RYT 500

11/3-26 **Fitness Evolution Session 6**
Teacher: Tracie Brace Hatton
Training dates: : Nov 3, 5, 10, 12, 17, 19, 24, 26
Training time: 7-8 am

11/7 **Yoga Rasa Movie Night!**
Invictus - 7:30 pm

11/8 **Healing Through Yoga & Ayurveda**
Teacher: Gracie Medrano, RYT 500

11/15-16 **Advanced Yoga Studies: Art of Teaching** 300 &
Teacher: Tracie Brace, E-RYT 500 500

11/24 **Founders' Day**
A special time with our beloved Teacher!

11/29 **Mistletoe Market & Festival**
A Community Christmas, Celebrating Small Business
Saturday!

DECEMBER 2014

- 12/1 **Founders' Day**
A special time with our beloved Teacher!
- 12/5-7 **Invitational Leadership Retreat**
Leaders' retreat to discuss vision & direction of Yoga Rasa.
- 12/13-14 **Advanced Yoga Studies: Yoga Sadhana** 500
Teacher: Tracie Brace Hatton, E-RYT 500
- 12/20 **Intro to Pole Workshop**
Teacher: John Murphy
- 12/22 **Yoga Rasa Open House**
All Day Complementary Classes &
Consults by Appointment
- 12/27 **Business of Abundance Training**
10:30 am - 1 pm
Mandatory for all teachers