

2011 Archived Event Schedule

JANUARY

- 1/8-9/11 **Advanced Anatomy of Yoga** TT500
Teachers: Tracie Brace, E-RYT 500
& Dr. Paul Hatton, DC
Part 2 of 2
- 1/8/11 **Quarterly Teacher Training Meeting**
Mandatory for all students in teacher training
10:30 am - 12 pm
- 1/15/11 **The Physics of Thought**
Teacher: Liz Antognoli, E-RYT 200 & RYT 500
- 1/17/11 **21 Days for Change**
Teacher: Tracie Brace, E-RYT 500
- 1/22-23/11 **Meditation Intensive: Dharana** TT250
Teacher: Tracie Brace, E-RYT 500
- 1/29-30/11 **Anatomy of Yoga (Part 1 of 2)** TT250
Teacher: Liz Antognoli, RYT 500 & E-RYT 200
Part 2: 2/19-20/11

FEBRUARY

- 2/11-13/11 **Asana Immersion (Part 1 of 3)** TT250
Teacher: Tracie Brace, E-RYT 500
Part 2: 3/4-6/11
Part 3: 4/1-3/11
- 2/12/11 **Understanding Yoga From the Inside Out**
7 weeks of Yoga Education
With the Yoga Rasa teachers!
Saturdays through March 26
- 2/13/11 **Valentine Food & Wine Seduction**
With Martha, Ernie, & Linda
- 2/14/11 **Mindful Eating Meditation**
Teacher: Tracie Brace
- 2/19-20/11 **Anatomy of Yoga (Part 2 of 2)** TT250
Teacher: Liz Antognoli, RYT 500 & E-RYT 200
Part 1: 1/29-30/11
- 2/25-27/11 **Texas Yoga Conference**
Tracie, Liz, & Denise presenting!
Location: University of St. Thomas

MARCH

- 3/3-13/11 **Upstage Arts presents Guys & Dolls Junior**
Afternoon & evening performances March 3-6 & 10-13!
Location: Upstage Arts
- 3/4-6/11 **Asana Immersion (Part 2 of 3)** TT250
Teacher: Tracie Brace, E-RYT 500
Part 1: 2/11-13/11
Part 3: 4/1-3/11
- 3/5 & 6/11 **Lotus Moves 6-week series begin**
Belly Bliss Dance & Pole workshop series!
- 3/11/11 **Ladies Nite Pole Party**
Release your inner Diva!
- 3/12/11 **Beading Workshop**
Teacher: Terri Lera
- 3/18-20/11 **Yogarupa Rod Stryker presents
ParaYoga Immersion Weekend at Yoga Rasa**
- 3/21/11 **Nataraja Yoga Flow**
7:30 pm
- 3/22/11 **Yoga of Health & Pain Management**
Teacher: Zen Master Miao Tsan
- 3/25-26/11 **The Green Bus Project**
Teachers: Moses & Zeina
- 3/27/11 **The Yoga of Music: Breath, Pulse & Sound**
Teacher: Denise Ngo
- 3/28/11 **Peru Retreat Informational Meeting**
Join us to learn more about the Sacred Warrior Retreat!

APRIL

- 4/1-3/11 **Asana Immersion (Part 3 of 3)** 250
Teacher: Tracie Brace, E-RYT 500
Part 1: 2/11-13/11
Part 2: 3/4-6/11
- 4/2/11 **Where the Bones Go, the Muscles Follow**
7 weeks of Intro to Anatomy
With the Yoga Rasa teachers!
Saturdays through May 21
- 4/2/11 **Quarterly Teacher Training Meeting**
Mandatory for all students in teacher training
10:30 am - 12 pm
- 4/15/11 **Ladies Nite Pole Party**
Release your inner Diva!
- 4/16-17/11 **Ayurveda: Holistic Living** 250
Teacher: Liz Antognoli, RYT 500 & E-RYT 200

4/19/11 **Ayurveda's Approach to Emotional Health, Insomnia, Depression & Anxiety**
Teacher: Dr. Kotecha

M A Y

5/5/11 **The Mayapuris at Yoga Rasa**
Dinner, Music, Dancers, Kirtan!

5/6 & 7/11 **21 Days for Change & Vinyasa Power Challenge**
Vinyasa classes kick off May 6!
21 day challenge kicks off May 7!
Teacher: Tracie Brace, E-RYT 500

5/14 & 28/11 **The Kama Sutra Workshop**
Teacher: Melissa Luna

5/15/11 **Tracie & Paul's Vagdenam (Engagement Ceremony)**
Sunday 5:30-9 pm
Hare Krishna Dham

5/21-22/11 **Weekend Intensive: Yoga as Pranayama** 250 &
Teacher: Tracie Brace, E-RYT 500 500

5/28/10 **Awaken Your Inner Teacher**
Saturday: 10:30 am

J U N E

6/10/11 **Ladies Nite Pole Party**
Release your inner Diva!

6/11-18/11 **Rasa Vidya Residential Intensive** 500
Cabo San Lucas, Mexico
Teacher: Tracie Brace, E-RYT 500

6/20/11 **Nataraja Yoga Flow**
7:30 pm

6/25-26/11 **Advanced Yoga Studies: Art of Teaching** 250 &
Location: Golden Triangle Yoga in Beaumont 500
Teacher: Tracie Brace, E-RYT 500

6/27-7/1/11 **Camp Rasa**
Summer camp for ages 6-12!
Teacher: Rhon Barras

J U L Y

7/3-14/11 **Smarana Intensive (12-Day Yoga Intensive)** 250 &
Teacher: Tracie Brace, E-RYT 500 500

7/7/11 **The Relevance of Yoga Psychology**
Teacher: Prof. Stephen Phillips, Ph.D.
6-7:30 pm

7/8 & 9/11	The Urban Yogi Teacher: Prof. Stephen Phillips, Ph.D. 12-1:30 pm each day	
7/9/11	Quarterly Master's Path Meeting Mandatory for all students in Master's Path Programs 11 am - 2 pm	
7/11/11	A Complaint Free World Kickoff Session Teacher: Tracie Brace, E-RYT 500 7:30-9 pm	
7/13/11	RASA FOLLIES! 5:30 pm	
7/20/11	Breast Cancer Resource Group Teacher: Tracie Brace, E-RYT 500 Wednesdays, 1-2 pm	
7/23-24/11	Meditation Intensive: Dharana Teacher: Tracie Brace, E-RYT 500	250
7/27/11	Ladies Nite Pole Party Release your inner Diva!	
7/28/11	Basics & Breathing: Daytime Retreat Teacher: Tracie Brace, E-RYT 500	
7/29/11	Jayadvaita Swami Food, kirtan, lecture! 6:30 pm	

AUGUST

8/2-3/11	Meditation Intensive: Dhyana Teacher: Tracie Brace, E-RYT 500	500
8/5-7/11	Rasa Asana Immersion (Part 1 of 3) Teacher: Tracie Brace, E-RYT 500 Part 2: 8/12-14/11 Part 3: 8/26-28/11	500
8/12-14/11	Rasa Asana Immersion (Part 2 of 3) Teacher: Tracie Brace, E-RYT 500 Part 1: 8/5-7/11 Part 3: 8/26-28/11	500
8/15/11	Basics & Breathing: Evening Retreat Teacher: Tracie Brace, E-RYT 500	
8/20/11	Ayurveda: The Science of Life Free Introductory Lecture Teacher: Liz Antognoli, E-RYT 500	
8/26-28/11	Rasa Asana Immersion (Part 3 of 3) Teacher: Tracie Brace, E-RYT 500 Part 1: 8/5-7/11 Part 2: 8/12-14/11	500

SEPTEMBER

National Yoga Month!

9/3-4/11	Ayurveda: Holistic Living Teacher: Liz Antognoli, E-RYT 500	300
9/7/11	Ladies Nite Pole Party Release your inner Diva!	
9/25/11	Microcosm of the Macrocosm: Connecting to Nature Thru Yoga & to Yoga thru Nature Teacher: Ande Smith, RYT-200 Location: Armand Bayou Nature Center	
9/26/11	Nataraja Yoga Flow 7:30 pm	

OCTOBER

10/1-2/11	Ayurveda: Cultivating Vitality and Wisdom Teacher: Liz Antognoli, E-RYT 500	500
10/3-15/11	Sacred Warrior Retreat: Peru Leader: Tracie Brace, E-RYT 500	
10/8/11	Pole Dance Workshop Teacher: Melissa Luna	
10/15/11	"Witchy Woman" Dance Workshop Teacher: Melissa Luna	
10/16/11	Belly Dance Workshop Teacher: Jahari	
10/22/11	Quarterly Master's Path Meeting Mandatory for all students in Master's Path Programs 11 am - 2 pm	
10/22/11	The Physics of Thought Teacher: Liz Antognoli, E-RYT 500	
10/26/11	Ladies Nite Pole Party ~ Ghouls Nite! Release your inner Diva!	
10/27/11	Zumba Halloween Party Teacher: Becca	

NOVEMBER

11/5-6/11	Advanced Yoga Studies: Yoga Sadhana Teacher: Tracie Brace, E-RYT 500	500
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11/16/11 **The Green Om Project: How Your House Affects Your Peace of Mind**
7 pm, after Shanti Rasa
Teacher: Carie Kostak

11/16/11 **Ladies Nite Pole Party**
Release your inner Diva!

11/18/11 **Mini Basic Anatomy Training**
Teacher: Tracie Brace, E-RYT 500

11/19/11 **The Green Om Project: How Your House Affects Your Peace of Mind**
11 am, after Yoga Foundation
Teacher: Carie Kostak

11/19-20/11 **Weekend Intensive: Yoga as Self-Mastery** 500
Teacher: Tracie Brace, E-RYT 500

11/30/11 **Awaken Your Inner Teacher**
7 pm with Tracie

DECEMBER

12/3/11 **Yoga Rasa Christmas Market**
A day of shopping, food, entertainment, & fun!

12/10/11 **Nada Yoga: The Vibrational Universe & the Creative Spectrum**
Teachers: Liz Antognoli, E-RYT 500 & Denise Ngo, RYT 500

12/11/11 **Baby It's Cold Outside ~ a Lotus Moves Workshop**
Teacher: Melissa Luna

12/19/11 **Nataraja Yoga Flow**
7:30 pm

12/20-1/13 **Transformation Challenge**
Discover profound fulfillment balanced with change
Teacher: Tracie Brace, E-RYT 500

12/21/11 **Ladies Nite Pole Party**
Release your inner Diva!

12/31/11 **New Year's Meditation & Intention Setting**
6-7 pm