

2010 Archived Event Schedule

JANUARY

- 1/9/10 **Quarterly Teacher Training Meeting**
Mandatory for all students in teacher training
11 am - 12:30 pm
- 1/9/10 **Ayurveda: Cultivating Vitality and Wisdom** TT500
Teacher: Liz Antognoli, Ayurvedic Health Educator
- 1/13/10 **Awaken Your Inner Teacher**
Informational Session
Teacher: Tracie Brace, E-RYT 500
Registration: Free
- 1/16-17/10 **Meditation Intensive: Dharana** TT250
Teacher: Tracie Brace, E-RYT 500
- 1/30-31/10 **Anatomy of Yoga (Part 1 of 2)** TT250
Teacher: Liz Antognoli, RYT 500 & E-RYT 200
Part 2: 3/20-21/10

FEBRUARY

- 2/14/10 **Tantric Yoga Valentine Experience**
Teachers: Kim & Brad Walker
- 2/19-21/10 **Texas Yoga Conference**
Tracie & Liz presenting!
Special movement workshop on Sunday with hemalayaa,
cosponsored by Yoga Rasa
- 2/24/10 **Basics & Breathing: Super Sweet Deal**
Teacher: Tracie Brace, E-RYT 500

MARCH

- 3/5-7/10 **Asana Immersion (Part 1 of 3)** TT250
Teacher: Tracie Brace, E-RYT 500
Part 2: 4/9-11/10
Part 3: 4/30-5/2/10
- 3/17/10 **Fitness Evolution: Spring Session begins**
Boot Camp Challenge: Mind, Body, & Spirit
Teacher: Tracie Brace, E-RYT 500
All fitness levels welcome!
- 3/20-21/10 **Anatomy of Yoga (Part 2 of 2)** TT250
Teacher: Liz Antognoli, RYT 500 & E-RYT 200
Part 1: 1/30-31/10
- 3/22/10 **Nataraja Yoga Flow**
7:30 pm

3/27/10 **Ayurveda: Holistic Living** TT250
Teacher: Liz Antognoli, RYT 500 & E-RYT 200

A P R I L

4/9-11/10 **Asana Immersion (Part 2 of 3)** TT250
Teacher: Tracie Brace, E-RYT 500
Part 1: 3/5-7/10
Part 3: 4/30-5/2/10

4/10/10 **Quarterly Teacher Training Meeting**
Mandatory for all students in teacher training
11 am - 12:30 pm

4/15/10 **Grand Opening & Ribbon Cutting**
Food, wine, fun!
Join us, 6-8:30 pm

4/24-25/10 **Meditation Intensive: Dhyana** TT500
Teacher: Tracie Brace, E-RYT 500

4/26/10 **Awaken Your Inner Teacher**
Monday: 7:30-9 pm

4/30-5/2/10 **Asana Immersion (Part 3 of 3)** TT250
Teacher: Tracie Brace, E-RYT 500
Part 1: 3/5-7/10
Part 2: 4/9-11/10

M A Y

5/7/10 **Mom & Me Mother's Day Class**
Teacher: Tracie Brace, E-RYT 500

5/15-16/10 **Weekend Intensive: Yoga as Pranayama** TT250
Teacher: Tracie Brace, E-RYT 500

5/22/10 **Intro to Ayurveda: Yoga for Your Type**
Teacher: Liz Antognoli, Ayurvedic Health Educator

5/22/10 **Basics & Breathing Workshop**
Teacher: Tracie Brace, E-RYT 500

5/23/10 **Belly Dance Workshop**
Teacher: Laura McGuire

5/24/10 **Intro to Ayurveda: What is Ayurveda?**
Teacher: Liz Antognoli, Ayurvedic Health Educator

5/30/10 **Ayurvedic Cooking Workshop & Dinner**
Teacher: Yashendu
Location: League City, TX

JUNE

- 6/5-6/10 **Advanced Yoga Studies: Art of Teaching** TT250
Teacher: Tracie Brace, E-RYT 500
- 6/11-13/10 **Yoga with Carie Garrett**
Teacher: Carie Garrett
Four workshops!
- 6/19/10 **Understanding Yoga From the Inside Out**
7 weeks of Yoga Education
With the Yoga Rasa teachers!
Saturdays through July 31
- 6/21/10 **Nataraja Yoga Flow**
7:30 pm
- 6/22-7/1/10 **10 Day Vinyasa Workshop**
For beginners!
Teacher: Tracie Brace, E-RYT 500

JULY

- 7/3-14/10 **Smarana Intensive (12-Day Yoga Intensive)** TT250/500
Teacher: Tracie Brace, E-RYT 500
- 7/8 & 10/10 **Dr. Stephen Phillips**
Two interesting & insightful lectures!
Thursday 6 pm: The Relevance of Yoga Psychology
Saturday 12 pm: The Urban Yogi
- 7/10/10 **Quarterly Teacher Training Meeting**
Mandatory for all students in teacher training
11 am - 12 pm
- 7/17/10 **Ashtanga: First Series**
Teacher: Jessica Depew!
- 7/24-25/10 **Weekend Intensive: Yoga as Self-Mastery** TT500
Teacher: Tracie Brace, E-RYT 500
- 7/31/10 **Yoga Insight: Master Class with Etan Boritzer**
Teacher: Etan Boritzer
- 7/31-8/1/10 **Ayurveda: Holistic Living** TT250
Teacher: Liz Antognoli, E-RYT 200

AUGUST

- 8/7/10 **Taste of Lotus Moves**
Teacher: Tracie Brace & the Lotus Moves teachers
- 8/21-22/10 **Advanced Yoga Studies: Yoga Sadhana** TT500
Teacher: Tracie Brace, E-RYT 500
- 8/28/10 **Costa Rica Retreat Info Meeting**
Saturday 10:30 am

8/28-29/10 **Meditation Intensive: Dharana** TT250
Teacher: Tracie Brace, E-RYT 500

SEPTEMBER

9/6/10 **FREE DAY OF YOGA!**
9 am - Labor of Love - all levels with Gracie & Elle
11:30 am - Kick Your Asana with Tracie

9/10-12/10 **Rasa Asana Immersion** TT500
Teacher: Tracie Brace, E-RYT 500
Part 1 of 3

9/14/10 **Warrior Boot Camp begins**
Six weeks toward your fitness goals with Dana

9/18/10 **Understanding Yoga From the Inside Out**
7 weeks of Yoga Education
With the Yoga Rasa teachers!
Saturdays through October 30

9/24/10 **Yoga + Miracles with David Romanelli**
Friday 7-9 pm, all levels!

9/30/10 **Radhanath Swami**
Dinner, kirtan, talk, & book signing!
Thursday 6 pm, in place of regular classes

OCTOBER

10/4/10 **Nataraja Yoga Flow**
7:30 pm

10/8-10/10 **Rasa Asana Immersion** TT500
Teacher: Tracie Brace, E-RYT 500
Part 2 of 3

10/9/10 **Quarterly Teacher Training Meeting**
Mandatory for all students in teacher training
10:30 am - 12 pm

10/17/10 **Walk on the Wild Side**
Morning 5K walk in Seabrook
Benefitting the Living Materials Center at Seabrook Intermediate
Followed by noon yoga class with Denise!

10/22-24/10 **Rasa Asana Immersion** TT500
Teacher: Tracie Brace, E-RYT 500
Part 3 of 3

NOVEMBER

11/8/10 **The Relevance of Yoga In America**
Tracie will discuss yoga as an in-depth study

11/13/10 **Pole "Fun"damentals Workshop**
Teacher: Dana Flanigan
Noon-3 pm

11/17-21/10 **The Power of Now
Yoga & Meditation Journey**
Leader: Tracie Brace, E-RYT 500

DECEMBER

12/2/10 **Gunagrahi Das Goswami**
Dinner, kirtan & talk

12/4/10 **Yoga Rasa Christmas Market
Bollywood Love!**
A day of shopping, food, entertainment, & fun!

12/10/10 **Mini Basic Anatomy Training**
Teacher: Tracie Brace, E-RYT 500

12/11-12/10 **Advanced Anatomy of Yoga** TT500
Teachers: Tracie Brace, E-RYT 500
& Dr. Paul Hatton, DC
Part 1 of 2

12/18/10 **Santa Baby workshop**
Teacher: Melissa Luna

12/18/10 **Beading workshop**
Teacher: Terri Lera

12/20/10 **Nataraja Yoga Flow**
7:30 pm

12/31/10 **Yoga Underground**
New Year Meditation, 6:30 pm
Then join us for the Chromatics!