

2012 Archived Event Schedule

JANUARY

1/7/12	Quarterly Master's Path Meeting Mandatory for all students in Master's Path Programs 11 am - 2 pm	
1/17/12	Awaken Your Inner Teacher 6 pm with Tracie	
1/21-22/12	Meditation Intensive: Dharana Teacher: Tracie Brace, E-RYT 500	300
1/25/12	Ladies Nite Pole Party Release your inner Diva!	
1/28-29/12	Meditation Intensive: Dhyana Teacher: Tracie Brace, E-RYT 500	500

FEBRUARY

2/13/12	Yoga Rasa's Anniversary! Celebrate with us!	
2/13/12	Zumba Valentine's Party 7 pm with Becca, Jessica & Crista	
2/14/12	Tracie & Paul's Wedding!	
2/15/12	Pretty in Pink: Chair/Floor Valentine's Workshop 6:30 pm with Angela	
2/17-19/12	Texas Yoga Conference	
2/22/12	Ladies Nite Pole Party Release your inner Diva!	
2/25/12	Understanding Yoga From the Inside Out 7 weeks of Yoga Education With the Yoga Rasa teachers! Saturdays through April 7	
2/25-26/12	Anatomy of Yoga (Part 1 of 2) Teacher: Liz Antognoli, E-RYT 500 Part 2: 3/3-4/12	300

MARCH

3/3-4/12	Anatomy of Yoga (Part 2 of 2) Teacher: Liz Antognoli, E-RYT 500 Part 1: 2/25-26/12	300
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3/9-11/12	Rainbow Kids Yoga 3-Day Teacher Training Intensive	
3/17-18/12	Advanced Anatomy of Yoga (Part 1 of 2) Teachers: Tracie Brace, E-RYT 500 & Dr. Paul Hatton, DC Part 2: 3/31-4/1/12	500
3/19/12	Nataraja Yoga Flow 7:30 pm	
3/31-4/1/12	Advanced Anatomy of Yoga (Part 2 of 2) Teachers: Tracie Brace, E-RYT 500 & Dr. Paul Hatton, DC Part 1: 3/17-18/12	500

APRIL

4/3/12	Yogafy Informational Session Tuesday, 7:30 pm	
4/6-8/12	The Yoga of Camping Aligning with the Natural World, Inside & Out! Guides: Ande Smith & Carie Kostak Location: Brazos Bend State Park	
4/21/12	Quarterly Master's Path Meeting Mandatory for all students in Master's Path Programs 11 am - 2 pm	
4/20-22/12	Asana Immersion (Part 1 of 3) Teacher: Tracie Brace, E-RYT 500 Part 2: 4/27-29/12 Part 3: 5/18-20/12	300
4/25/12	Ladies Nite Hosts: Tracie, Elle, & Martha Wednesday: 6:30-8:30 pm	
4/27-29/12	Asana Immersion (Part 2 of 3) Teacher: Tracie Brace, E-RYT 500 Part 1: 4/20-22/12 Part 3: 5/18-20/12	300

MAY

5/2/12	Awaken Your Inner Teacher Teacher: Tracie Brace, E-RYT 500 7 pm	
5/4-6/12	Workshops with Michael Faith 5 sessions!	
5/11/12	Mother's Day Class Teachers: Stefanie & Carie	

5/12/12	Taste of Lotus Moves: A Women's Empowerment Day: Redefining Beauty Presented by: Padma Shakti & Sisters Tracie invites you and your friends to the hottest soiree on the planet!	
5/18-20/12	Asana Immersion (Part 3 of 3) Teacher: Tracie Brace, E-RYT 500 Part 1: 4/20-22/12 Part 2: 4/27-29/12	300
5/25-27/12	Rasa Asana Immersion (Part 1 of 3) Teacher: Tracie Brace, E-RYT 500 Part 2: 6/1-3/12 Part 3: 6/8-10/12	500
5/28/12	Pole Workshops with Amy & Nadia Workshops for ALL LEVELS!	

JUNE

6/1-3/12	Rasa Asana Immersion (Part 2 of 3) Teacher: Tracie Brace, E-RYT 500 Part 1: 5/25-27/12 Part 3: 6/8-10/12	500
6/6/12	Ladies Nite Hosts: Tracie, Elle, & Martha Wednesday: 6:30-8:30 pm	
6/6/12	Awaken Your Inner Teacher Teacher: Tracie Brace, E-RYT 500 7 pm	
6/8-10/12	Rasa Asana Immersion (Part 3 of 3) Teacher: Tracie Brace, E-RYT 500 Part 1: 5/25-27/12 Part 2: 6/1-3/12	500
6/16-23/12	Rasa Vidya Master's Path Intensive Retreat Cabo San Lucas, Mexico Teacher: Tracie Brace, E-RYT 500	500
6/25/12	Nataraja Yoga Flow 7:30 pm	
6/25-29/12	Camp Rasa Summer camp for ages 5-9! Teacher: Rhon Barras	
6/27/12	Awaken Your Inner Teacher Teacher: Tracie Brace, E-RYT 500 7 pm	
6/29-7/10/12	Smarana Intensive (12-Day Yoga Intensive) Teacher: Tracie Brace, E-RYT 500	300 & 500

JULY

7/7/12	Quarterly Master's Path Meeting Mandatory for all students in Master's Path Programs 11 am - 2 pm	300 & 500
7/7/12	Pole Workshops with Marion Crampe	
7/8/12	Yoga Rasa Follies Be entertained by the Master's Path students! Free & very hilarious event!	
7/18/12	Ladies Nite Hosts: Tracie, Elle, & Martha Wednesday: 6:30-8:30 pm	
7/21/12	The Physics of Thought Teacher: Liz Antognoli, E-RYT 500	
7/28/12	Understanding Yoga From the Inside Out 7 weeks of Yoga Education With the Yoga Rasa teachers! Saturdays through September 8	
7/28-29/12	Ayurveda: Holistic Living Teacher: Liz Antognoli, E-RYT 500	300

AUGUST

8/1/12	Awaken Your Inner Teacher Teacher: Tracie Brace, E-RYT 500	
8/11-12/12	Ayurveda: Cultivating Vitality and Wisdom Teacher: Liz Antognoli, E-RYT 500	500
8/25-26/12	Meditation Intensive: Dharana Teacher: Tracie Brace, E-RYT 500	300

SEPTEMBER

National Yoga Month!

8/31-9/3/12	Women's Retreat: Grace & Gratitude Reclaiming the Light of the Feminine Boerne, TX	
9/5/12	Ladies Nite Hosts: Tracie, Elle, & Martha Wednesday: 6:30-8:30 pm	
9/5/12	Awaken Your Inner Teacher Teacher: Tracie Brace, E-RYT 500	
9/8/12	Introduction to Pole Dance Teacher: Martha Majay	
9/8-9/12	Meditation Intensive: Dhyana Teacher: Tracie Brace, E-RYT 500	500

- 9/22/12 **Teaching Children with Yoga in Mind**
Teacher: Rhon Barras, M.Ed. & RYT
- 9/23/12 **What's Your Type?**
Teacher: Liz Antognoli, E-RYT 500
- 9/24/12 **Nataraja Yoga Flow**
Teacher: Tracie Brace, E-RYT 500
- 9/29/12 **Floor & Chair Sultry Dance**
Teacher: Martha Majay
- 9/30/12 **Community Pot Luck!**
Join us at 11:30 am to share food & presence
Celebrating the YR/LM community!

OCTOBER

- 10/2/12 **Awaken Your Inner Teacher**
Teacher: Tracie Brace, E-RYT 500
- 10/3/12 **Kirtan Ras**
7 pm: dinner, discussion, performance!
- 10/6/12 **Hip Hop 4 Healing Dance Workshop**
Teacher: Victoria Scott, MS
- 10/9/12 **Pole Workshops with Natasha**
Pole Dance Technique & Handspring Clinic
Teacher: Natasha Wang
- 10/13-14/12 **Weekend Intensive: Yoga as Pranayama** 300 &
Teacher: Tracie Brace, E-RYT 500 500
- 10/13/12 **Quarterly Master's Path Meeting**
Mandatory for all students in Master's Path Programs
11 am - 2 pm
- 10/17/12 **Ladies Nite**
Hosts: Tracie, Elle, & Martha
Wednesday: 6:30-8:30 pm
- 10/20/12 **Introduction to Pole Dance**
Teacher: Martha Majay
- 10/27/12 **Floor & Chair Sultry Dance**
Teacher: Martha Majay
- 10/27-28/12 **Weekend Intensive: Yoga as Self-Mastery** 500
Teacher: Tracie Brace, E-RYT 500
- 10/28/12 **Zumba & Night Club Cardio**
Free event! Teachers: Becca & Jessica

NOVEMBER

11/3-4/12	Advanced Yoga Studies: Art of Teaching Teacher: Tracie Brace, E-RYT 500	300 & 500
11/7/12	Awaken Your Inner Teacher Teacher: Tracie Brace, E-RYT 500	
11/10/12	Introduction to Pole Dance Teacher: Martha Majay	
11/10/12	Healing Through Yoga Teacher: Gracie Medrano, RYT 200	
11/17/12	Pole Workshops with Crystal 3 workshops! Teacher: Crystal Belcher	
11/28/12	Ladies Nite Hosts: Tracie, Elle, & Martha Wednesday: 6:30-8:30 pm	

DECEMBER

12/1	Unconditional Christmas ~ An Unwrapped Event Learn to connect with your family this season!	
12/8-9	Ayurveda: Holistic Living Teacher: Liz Antognoli, E-RYT 500	300
12/15	Awaken Your Inner Teacher Teacher: Tracie Brace, E-RYT 500	
12/15-16	Advanced Yoga Studies: Yoga Sadhana Teacher: Tracie Brace, E-RYT 500	500
12/21	Nataraja Yoga Flow 7:30 pm	
12/22	Yin Yoga Workshop Teacher: Kay Watson	
12/31	New Year's Meditation & Intention Setting Join Liz to begin the New Year with focused intention. 5:30-7 pm	