

BREATHING, HEALING & YOGA

FOR NEW &
CURRENT STUDENTS

Basics & Breathing with Padma Shakti

Tuesday, March 28
6-8:15 pm

Reserve your space by purchasing a \$15 gift card to be received at the workshop. Gift cards can be used towards any Rasa Yoga Boutique or tuition purchases. Space is limited, register today!



“A healthy mind has an easy breath.”
~author unknown



This workshop is for students who are:

- Interested in getting more from your yoga experience
- Seeking the BEST quality of life possible
- Desiring absolute health & the ability to grow strong
- Desiring a feeling of empowerment in their life
- Wanting to recover from depression or anxiety
- Enthusiastic about feeling absolutely FABULOUS!
- Wanting to be VIBRANTLY in love with life!

RASA  YOGA

SCHOOL OF YOGA AND AYURVEDA

A branch of Visible Belief Education Foundation 501(c)(3). 

17226 Mercury, Suite 108 • Houston, TX 77058 • www.rasayogaschool.org • 281.282.9400

About Your Teacher...

Padma Shakti (Tracie Brace-Hatton) E-RYT500



Tracie (Padma Shakti) is the founder and Yoga Studies Director for Rasa Yoga . Her ability to effectively disseminate the yoga teachings, leading students toward a more excellent quality of life and more subtle awareness and understanding in life, is made possible by her study and love of these great beings: Dr. David

Hoch, Lex Gillian, Reverend Karen Tudor, Sandra Summerfield-Kozak, Rodney Yee, Erich Schiffmann, Shiva Rea, David Frawley and Swami Atma. There are many other masters and teachers unnamed to pay homage to as well, whether by lineage living now or before. Her current studies are influenced mostly by Mahadevi, Shiva Rea, Dr. Stephen Phillips (Swamiji), Yoga Rasa Kula, Intuition and God.

BASICS & BREATHING with Padma Shakti

March 28, 2017

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number(s): _____ Email: _____

Known Health Conditions: _____

Refund Policy:

No refunds or transfers will be issued on class tuition, workshops, upper level programs, private yoga lessons, sound healing sessions or chiropractic. Retail: Rasa Yoga will issue a store credit on unused and unopened items purchased within 14 days. No refund or credit will be given on books.

Disclaimer:

Yoga is a system of healthy exercises designed to support optimum health. The approaches described and taught in this course are not offered as cures, prescriptions, diagnoses or a means of diagnosis to different conditions. The information must be viewed as an objective compilation of existing data and research. The instructors assume no responsibility in the correct or incorrect use of this information and no attempt should be made to use any of this information as a form of treatment without the approval and guidance of your doctor. I agree to hold harmless Visible Belief Education Foundation, Rasa Yoga School of Yoga and Ayurveda, and all of their subsidiaries, affiliates and teachers.

Signature