

**Tracie Brace (Padma Shakti), E-RYT 500**  
Yoga Rasa, Founder & Director of Yoga Studies



Tracie (Padma Shakti) is the founder and Yoga Studies Director for Yoga Rasa. 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 Rod Stryker, Shiva Rea, Dr. Stephen Phillips (Swamiji), Reverend Richard Rogers, Yoga Rasa Kula, Intuition and God.



# Rasa Vidya

## The Master's Path Intensive Retreat

Cabo San Lucas, Mexico ✦ June 15-23, 2012



*Yoga Rasa*

17226 Mercury (@ El Camino & Medical Center), Suite 108  
Houston, Texas 77058 • 281-282-9400 • [www.yogarasa.net](http://www.yogarasa.net)

# Embody Pure Authenticity

**Rasa Vidya is Spiritual Alchemy:  
the ability to transform every experience into fuel for self-evolution**

During this time together, Tracie will lead you in intense practices to cultivate the vital essences of Prana, Tejas, and Ojas. Awaken the spectrum of rasas and bhavas within to develop the courage to be authentically who you are. Bring the light to all aspects of being human – this is what allows you to be the light for others, developing into a wise guide. Give birth to the seed of greatness through devoting yourself body, mind, and soul to this transformative process.

During this time, you will experience living yoga as pranayama – an energy management system that encompasses all aspects of life. Ayurveda will play an important part in this intensive, applying rasa vidya to any state of imbalance in order to bring you toward Prakriti, your unique authentically balanced state.



# Reveal the Inner Landscape



Beautiful Prana del Mar will offer fantastic surroundings while we remove the coverings of the world. Light, healthy food and a natural environment will support you in aligning with the divine.

<http://www.pranadelmar.com>

**Live the Yoga Lifestyle at beautiful Prana del Mar retreat & wellness center at the southern tip of Baja, Mexico.**



Registered Yoga School

To attend the intensive option, you must be enrolled in 500 hour program or have attended the 12-day intensive as a 300 student. Others are invited to attend, but must speak with Tracie for preapproval.

The retreat option is open to all.