



# Curriculum Manual

## 2023-24

- Discover the Science, Art and Philosophy of Yoga
  - Move toward mastery of yoga postures
    - Transform your body
- Experience improved quality of life and reduced stress
  - Increase clarity of mind and creativity





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# Introduction



*Congratulations!*

You can feel confident in your training at Rasa Yoga School of Ayurveda Yoga. We will guide you down your path of empowerment, seeking total health and well-being.

I have been training for over 25 years and have learned that Yoga and Ayurveda are vital functions in my life that have led me to better physical health, stability of mind, improved quality of relationships and a true experience of all life as sacred.

My prayer for you is that you discover your greatest life possible in all desired areas. Life is meant to be good and I am honored to take this journey with you.

Warmly,  
Padma Shakti  
(Tracie Brace-Hatton)  
Founder, Rasa Yoga School of Ayurveda Yoga



# Intention Page

Without any limitations or obstacles, what words describe your ideal experience of life?

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What are 3-5 values (unchanging principles) that you choose to build your life on?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

On a scale of 1-10, how strong is your desire to move toward your vision no matter the ups and downs of life that arise?

1	2	3	4	5	6	7	8	9	10
I want to, but am O.K. if things stay as they are...					Whatever it takes! As long as it takes!				

# Your Path to Mastery

Imagine the feeling of freedom you would experience with a healthy body, knowing that you have mastery over your inner landscape and that you have the power to cultivate peace in any situation. These are only a few of the benefits that a yogic lifestyle can offer. Rasa Yoga School offers many ways to study and practice in addition to general classes. There is a path to wholeness for you!

## Warrior

54 & 108  
Student  
Certification

Private & Group  
Yoga  
Therapy/Training

Being Yoga

TT200

Virarupa I

## Scholar

Healing  
Immersion

Ayurveda Yoga  
Training  
• *Certification Kramas*  
• *Being Ayurveda*

Virarupa II

## Sage

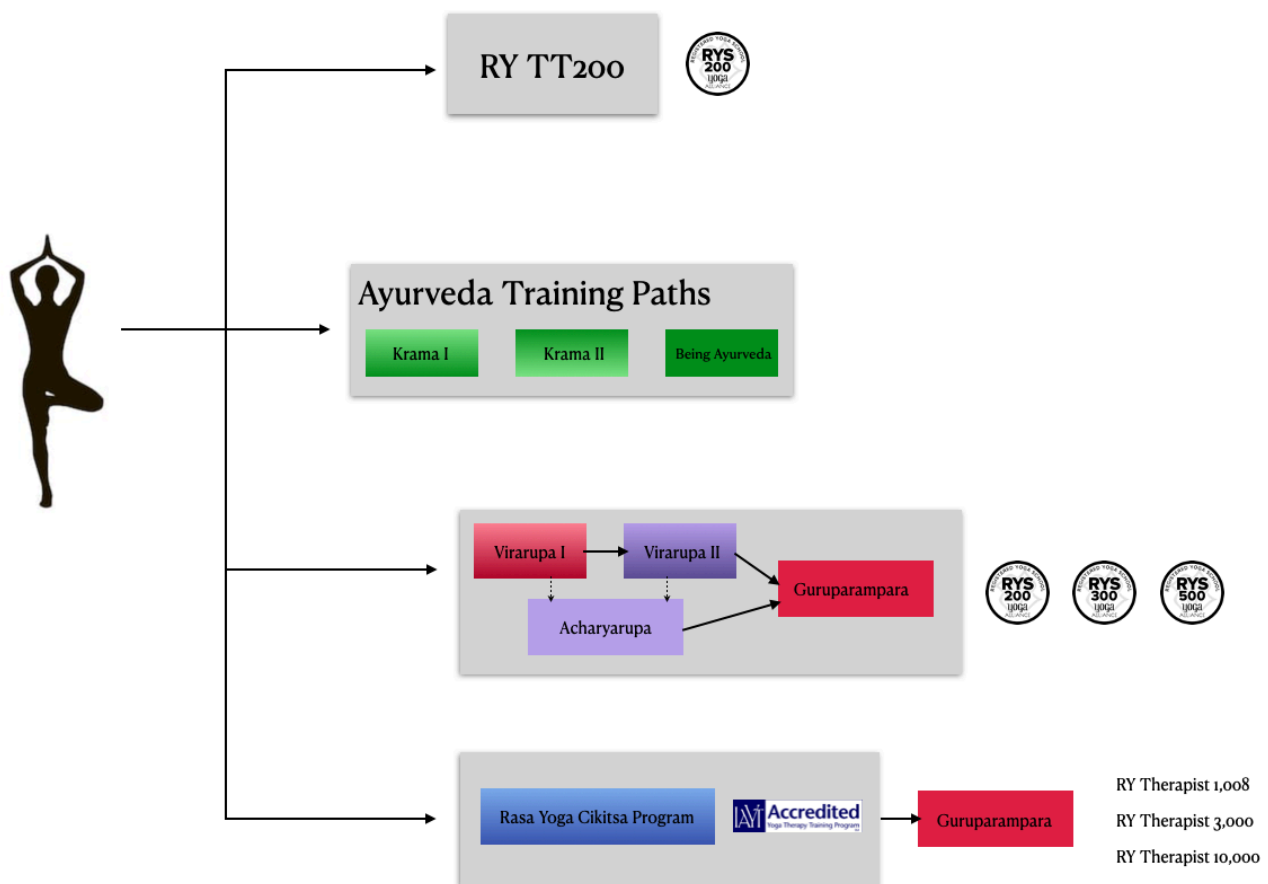
Acharyarupa

Guruparampara

Rasa Yoga  
Cikitsa Program

# Overview of Training Courses

The Rasa Yoga School of Ayurveda Yoga offers several opportunities to study in depth and is a Registered Yoga School (RYS) through Yoga Alliance. Students are encouraged to seek guidance from a Wellness Concierge to assist in determining the most beneficial path for them. Once you decide to move beyond general classes, you may step onto one of our defined paths designed for the results you are seeking. Our structure is arranged in three main paths, listed below and described in more detail in the following sections. Paths are synergistic; the figure below illustrates possible progressions into increasing depth of study and practice. Our students have found that as they move along the path, their results increase exponentially rather than linearly.



# Training Course Descriptions

- **Rasa Yoga Teacher Training 200 Certification (RY TT200):** Designed for students who desire to take their practice to the next level and begin the path of mastery through teaching yoga. This program, one of the formal training paths, provides the training and practice needed to be certified at Yoga Alliance RYT-200 status in approximately six to nine (6-9) months.
  - **Online Training** option available as part of Yoga Alliance educational provision through 2023. Please speak with Program Director for most current training information.
- **Formal Training Paths:** Designed for a student who feels a deep desire to progress through the levels of Warrior, Scholar, and Sage. Rasa Yoga offers four levels of training, which exceed the Yoga Alliance certification standards and qualify the successful graduate to teach skillfully. More details and actual hours of instruction are listed below.
  - **Virarupa I:** An ongoing series of workshops and assignments that can be completed within approximately 9 months to 2 years. Actual hours of study (contact hours, non-contact hours, and practicum hours) total approximately 400. Exceeds the Yoga Alliance first level training standards and qualify you for Registered Yoga Teacher (RYT) 200 status\*
  - **Virarupa II:** An ongoing series of workshops and assignments that can be completed within approximately 1-2 years. Actual hours of study (contact hours, non-contact hours, and practicum hours) total approximately 650. Completing this course of training allows an RYT-200 to apply for RYT-500 through Yoga Alliance. Exceeds the Yoga Alliance standards.\*
  - **Acharyarupa:** Encompasses the Virarupa I and Virarupa II programs along with Ayurveda Certification Training Kramas I and II. Provides the student with a full path from the beginning of study to RYT 500. Actual hours of study (contact hours, non-contact hours, and practicum hours) total approximately 1,050. Completing this course of training allows a student to apply for RYT-500 through Yoga Alliance. Exceeds the Yoga Alliance standards.\*
  - **Guruparampara:** For students who have completed Virarupa II or Acharyarupa. Includes very individualized continued study and teaching (group, individual, and workshop style) with ongoing mentoring. The focus of this program is to transform knowledge into wisdom and service – assisting the student in taking the information understood and applying it to become a professional level teacher, including teaching other teachers. Provides opportunity to reach Experienced-RYT (E-RYT) 200/500 recognition through Yoga Alliance.\*
- **Ayurveda Yoga Training Paths:** Designed for all students who desire an understanding of Ayurveda that emphasizes self-study and integration for the purpose of experiencing a greater quality of life on a daily basis. Certification as an Ayurvedic Educator through Rasa Yoga School of Ayurveda Yoga at Krama I and Krama II levels of study is conferred upon completion of Krama I and Krama II.

*This certificate is not affiliated with any other Ayurveda trainings or schools. Rasa Yoga School issues a certificate of completion that the student has met the curriculum hours and assignments as outlined in the program.*
- **Rasa Yoga Cikitsa (Therapy) Program** - Rasa Yoga School Ayurveda Yoga offers the highest quality training and experience for individuals seeking to apply Yoga and Ayurveda in the manner in which it was originally intended, as therapy. We believe that integrated training and practice is essential for a yoga therapist. Rasa Yoga trainings feature the Rasa Yoga Learning Method which closely aligns with Elaborative Rehearsal Learning, a method that has been proven to allow for a 90% retention of material learned. The Rasa Yoga Cikitsa Program is accredited through the International Association of Yoga Therapists (IAYT).^

\*For more on Yoga Alliance Registry, go to [www.yogaalliance.org](http://www.yogaalliance.org)

^For more on IAYT, go to [www.iayt.org](http://www.iayt.org)



# Rasa Yoga Teacher Training 200 Certification (RY TT200) \*Online/Blended

Rasa Yoga Teacher Training 200 Certification (RY TT200) offers the opportunity to receive the highest standard of training for yoga teachers. It is now possible for the serious yoga student to get their certification in a time-frame that works around almost any busy schedule.

Students completing Rasa Yoga TT200 can graduate with 200-hour teacher training certification in six months or less *and* fulfill the requirements to register with Yoga Alliance as a RYT-200. **\*The Yoga Alliance has extended a Online Learning Provision through 2023. Please speak with the Program Director for most current guidance on how Rasa Yoga's Training Programs meet these standards and requirements.**

In addition to general course work and attendance in general yoga classes, teacher training students only need to attend TT200 Teacher Training Intensive. Here, students immerse themselves in the yogic life-style through the experience of true community and study. This intensive is currently offered during July, integrated with the Rasa Yoga Summer Intensives.

Topics of study include:

- Ayurveda
- Meditation
- Anatomy
- Asana
- Pranayama
- Teaching Methodology
- Yoga Psychology and Philosophy
- Sanskrit

## Formal Training Paths

These paths are designed for a student who feels a deep desire to progress through the levels of Warrior, Scholar, and Sage. Rasa Yoga training programs qualify the successful graduate to teach skillfully. Each path's structure is defined below.

*See descriptions on page 8 for more information on individual training paths.  
Tuition information is located at the back of this curriculum guide.*

# Virarupa I

Virarupa I Training is for the student in the beginning stages of the warrior’s path. This program offers greater commitment, consistency and accountability than the RY TT200 and is a foundation for a deepening life practice of Yoga.

Excellent for students seeking Personal Development, and as a pre-requisite to more advanced training paths including Rasa Yoga Cikitsa (Therapy) Program.

Krama 1 – <b>RASA</b> <i>Introduction to Mind/Body Dynamics</i>	Ayurveda: Holistic Living
	Meditation Intensive: Dharana
	Homework - Yoga Sutras Paper
	Homework - Pranayama Paper
Krama 2 – <b>ANNAMAYA</b> <i>Understanding the Body</i>	Anatomy of Yoga
	Asana Immersion
	Homework - Asana Manual
	General Class Attendance (150 Hours)
Krama 3 – <b>VICHARA</b> <i>Understanding Consciousness</i>	Weekend Intensive: Yoga as Pranayama
	Leadership Development I: Advanced Art of Yoga Studies
	Homework - Lesson Plans
	Being Yoga (3 months consecutive attendance)
Krama 4 – <b>KARUNA</b> <i>Living Yoga</i>	Smarana Intensive
	Homework - Research Project: Paper & Presentation
Krama 5 – <b>KARMA</b> <i>Yoga in Action</i>	Seva (20 Hours)
	Student Teaching (20 Hours)
	Assessment



# Virarupa II

Virarupa II Training is designed for the committed student that has been training at the Virarupa I level. This program facilitates a deeper understanding and upward growth of the student. Students may commit to Virarupa II at any time during or after completion of Virarupa I Training. This is the program a student with an RYT 200 certification needs to complete to reach RYT 500 with Yoga Alliance Registry.

*When a student enrolls in Virarupa II within 6 months of beginning Virarupa I training, that student is considered Acharyarupa.*

Krama 6 – <b>BUDDHI</b> <i>Mastering Mind-Body Dynamics</i>	Ayurveda: Cultivating Vitality and Wisdom
	Meditation Intensive: Dhyana
	Homework – Class agendas
	Private/Group Yoga Therapy/Training <i>(10 required, 7 included in tuition)</i>
Krama 7 – <b>PRANA</b> <i>Evolving the Body</i>	Yoga Cikitsa and Ayurveda Training Module 1
	Rasa Asana Immersion
	Homework – Advanced Asana Manual
	General Class Attendance: 300 Hours (150 hours from Virarupa I will apply)
Krama 8 – <b>TEJAS</b> <i>Evolving Consciousness</i>	Weekend Intensive: Yoga as Pranayama
	Weekend Intensive: Yoga as Self-Mastery
	Leadership Development I: Advanced Art of Yoga Studies
	Leadership Development II: Art of Yoga Cikitsa
	Bhagavad Gita: Paper & Presentation
	Being Yoga (1 year consecutive attendance)
Krama 9 – <b>SHAKTI</b> <i>Becoming Yoga</i>	Smarana Intensive
	Rasa Vidya: Residential Yoga Intensive
	Yoga Cikitsa (Therapy) Manual
	Assessment
Krama 10 – <b>BHAKTI</b> <i>Yoga of Devotion</i>	Seva: 25 hours
	Student Teaching: 110 hours



# Acharyarupa

Acharyarupa Training is a beyond simply a synthesis of Virarupa I and Virarupa II training. Incorporating greater accountability from the beginning of training, this level of training facilitates the development of commitment, consistency and tenacity in a student that develops both the warrior and scholar, laying the foundation for the sage to arise.

Krama 1 – <b>RASA</b> <i>Introduction to Mind/Body Dynamics</i>	Ayurveda: Holistic Living
	Meditation Intensive: Dharana
	Homework - Yoga Sutras Paper
	Homework - Pranayama Paper
Krama 2 – <b>ANNAMAYA</b> <i>Understanding the Body</i>	Anatomy of Yoga
	Asana Immersion
	Homework - Asana Manual
	General Class Attendance (150 Hours)
Krama 3 – <b>VICHARA</b> <i>Understanding Consciousness</i>	Weekend Intensive: Yoga as Pranayama
	Leadership Development I: Advanced Art of Yoga Studies
	Homework - Lesson Plans
	Being Yoga (3 months consecutive attendance)
Krama 4 – <b>KARUNA</b> <i>Living Yoga</i>	Smarana Intensive
	Homework - Research Project: Paper & Presentation
Krama 5 – <b>KARMA</b> <i>Yoga in Action</i>	Seva (20 Hours)
	Student Teaching (20 Hours)
	Assessment
Krama 6 – <b>BUDDHI</b> <i>Mastering Mind-Body Dynamics</i>	Ayurveda: Cultivating Vitality and Wisdom
	Meditation Intensive: Dhyana
	Homework – Class agendas
	Private/Group Yoga Therapy/Training <i>(10 required, 7 included in tuition)</i>
Krama 7 – <b>PRANA</b> <i>Evolving the Body</i>	Yoga Cikitsa and Ayurveda Training Module 1
	Rasa Asana Immersion
	Homework – Advanced Asana Manual
	General Class Attendance: 300 Hours (150 hours from Virarupa I will apply)

Krama 8 – <b>TEJAS</b> <i>Evolving Consciousness</i>	Weekend Intensive: Yoga as Pranayama
	Weekend Intensive: Yoga as Self-Mastery
	Leadership Development I: Advanced Art of Yoga Studies
	Leadership Development II: Art of Yoga Cikitsa
	Bhagavad Gita: Paper & Presentation
	Being Yoga (1 year consecutive attendance)
Krama 9 – <b>SHAKTI</b> <i>Becoming Yoga</i>	Smarana Intensive
	Rasa Vidya: Residential Yoga Intensive
	Yoga Cikitsa (Therapy) Manual
	Assessment
Krama 10 – <b>BHAKTI</b> <i>Yoga of Devotion</i>	Seva: 25 hours
	Student Teaching: 110 hours

## Ayurveda Yoga Certification: Krama I

Workshops:	Healing Through Yoga and Ayurveda
	Ayurveda: Holistic Living
	Ayurveda: Cultivating Vitality and Wisdom
	Asana Immersion
	Anatomy of Yoga
	Meditation Intensive: Dharana
	Meditation Intensive: Dhyana
	Nada Yoga & Primal Sound
Being Yoga:	6 Months
Classroom Hours:	Primal Sound & Mantra – 8 Hours
	General Asana Class Attendance – 30 Hours over a 6 month period
	Weekly Being Ayurveda Classes - 18 Hours
Homework:	Ayurveda Research Paper

# Acharyarupa

*continued*

## Ayurveda Yoga Certification: Krama II

Workshops:	Healing Through Yoga and Ayurveda
	Nada Yoga & Primal Sound
	Rasa Asana Immersion
	Yoga Cikitsa and Ayurveda Training Module 1
Being Yoga:	3 Months
Classroom Hours:	Primal Sound & Mantra – 8 Hours
	General Asana Class Attendance – 30 Hours over a 6 month period
	Weekly Being Ayurveda Classes - 18 Hours
Homework:	Ayurveda Research Paper



# Guruparampara

*Guruparampara* is one who carries forward the lineage of teachings. This training is for the student committed to living yoga, walking the path of humility, gratitude and devotion and building community through seva, selfless service.

Krama 11 – <b>SADHAKA</b> <i>Mastering the Art of Being a Student</i>	Ongoing Class hours (100 hours/year)	
	Crucible (1 year)	
	Being Yoga (1 year)	
	Workshops:	Ayurveda: Holistic Living
		Ayurveda: Cultivating Vitality & Wisdom
		Meditation Intensive: Dharana
		Meditation Intensive: Dhyana
		Anatomy of Yoga
		Asana Immersion
		Yoga Cikitsa & Ayurveda Training Module 1
		Rasa Asana Immersion
		Weekend Intensive: Yoga as Pranayama
		Weekend Intensive: Yoga as Self Mastery
		Leadership Development I: Advanced Art of Yoga Studies
Leadership Development II: Art of Yoga Cikitsa		
Smarana Intensive		
Teaching:	150 hours of General Classes	
Intensive Training:	Assistant at Healing Immersions	
	Private/Group Yoga Therapy/Training (25 required)	
Krama 12 – <b>SADHANA</b> <i>Mastering Study as a Lifestyle</i>	Ongoing Class hours (100 hours/year)	
	Crucible (1 year)	
	Being Yoga (1 year)	
	Workshops:	Ayurveda: Holistic Living
		Ayurveda: Cultivating Vitality & Wisdom
		Meditation Intensive: Dharana
Meditation Intensive: Dhyana		
Anatomy of Yoga		

		Asana Immersion
		Yoga Cikitsa & Ayurveda Training Module 1
		Rasa Asana Immersion
		Weekend Intensive: Yoga as Pranayama
		Weekend Intensive: Yoga as Self Mastery
		Leadership Development I: Advanced Art of Yoga Studies
		Leadership Development II: Art of Yoga Cikista
		Smarana Intensive
	Teaching:	150 hours of General Classes
		50 hours of mentoring
	Intensive Training:	Assistant at Healing Immersions
	Private/Group Yoga Therapy/Training (25 required)	
Krama 13 – <b>SANGHA</b> <i>Building a Yoga Community</i>	Ongoing Class Hours (100 hours/year)	
	Workshops:	Smarana Intensive
		Business of Yoga (as offered)
	Teaching:	50 hours of teaching private lessons
		200 hours of teaching workshops
		Culminating project
		150 hours of General Classes
	Intensive Training:	Rasa Vidya Residential Intensive (2 years)
150 hours auditing apprentice		
Seva:	100 hours	



# Guruparampara

*continued*

## Ayurveda Yoga Certification: Krama I

Workshops:	Healing Through Yoga and Ayurveda
	Ayurveda: Holistic Living
	Ayurveda: Cultivating Vitality and Wisdom
	Asana Immersion
	Anatomy of Yoga
	Meditation Intensive: Dharana
	Meditation Intensive: Dhyana
Nada Yoga & Primal Sound	
Being Yoga:	6 Months
Classroom Hours:	Primal Sound & Mantra – 8 Hours
	General Asana Class Attendance – 30 Hours over a 6 month period
	Weekly Being Ayurveda Classes - 18 Hours
Homework:	Ayurveda Research Paper

## Ayurveda Yoga Certification: Krama II

Workshops:	Healing Through Yoga and Ayurveda
	Nada Yoga & Primal Sound
	Rasa Asana Immersion
	Yoga Cikitsa & Ayurveda Training Module 1
Being Yoga:	3 Months
Classroom Hours:	Primal Sound & Mantra – 8 Hours
	General Asana Class Attendance – 30 Hours over a 6 month period
	Weekly Being Ayurveda Classes - 18 Hours
Homework:	Ayurveda Research Paper

## Being Ayurveda

Being Ayurveda	3 Years Required*
	*Not included in tuition



# Ayurveda Yoga Training Paths

Ayurveda Yoga Training is an important foundation to Yoga practice. Rasa Yoga offers *Ayurveda Yoga Certification Krama I* and *Krama II*. These paths allow the student to receive and apply teachings through the lens of the sister science to Yoga, Ayurveda. Both trainings consist of weekend workshops plus weekly lecture classes focused on direct experience and application of principle.

*Being Ayurveda* is for the student seeking to assimilate and integrate Ayurveda into his/her life practice. *Being Ayurveda* meets weekly when in session.

*Supplemental Ayurveda Tuesdays* are for the student new to in-depth Ayurveda studies and for experienced students seeking to effectively teach Ayurveda and more fully apply it in all areas of life.

## **Ayurveda Yoga Certification: Krama I**

Workshops:	Healing Through Yoga and Ayurveda
	Ayurveda: Holistic Living
	Ayurveda: Cultivating Vitality and Wisdom
	Asana Immersion
	Anatomy of Yoga
	Meditation Intensive: Dharana
	Meditation Intensive: Dhyana
	Nada Yoga & Primal Sound
Being Yoga:	6 Months
Classroom Hours:	Primal Sound & Mantra – 8 Hours
	General Asana Class Attendance – 30 Hours over a 6 month period
	Weekly Ayurveda Classes (One 18 Week Trimester)
Homework:	Ayurveda Research Paper

## Ayurveda Yoga Certification: Krama II

Workshops:	Healing Through Yoga and Ayurveda
	Nada Yoga & Primal Sound
	Rasa Asana Immersion
	Yoga Cikitsa & Ayurveda Training Module 1
Being Yoga:	3 Months
Classroom Hours:	Primal Sound & Mantra – 8 Hours
	General Asana Class Attendance – 30 Hours over a 6 month period
	Krama II Weekly Ayurveda Classes (One 18 Week Trimester)
Homework:	Ayurveda Research Paper

## Being Ayurveda

Classroom Hours:	Weekly Being Ayurveda Classes – 18 Hours
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## Supplemental Ayurveda Tuesdays

Classroom Hours:	Supplemental Tuesday Classes – approx. 8 hours
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*For a list of topics covered in Being Ayurveda classes, please see the Ayurveda Training Program Syllabus*

# Rasa Yoga Cikitsa Program



Rasa Yoga School of Yoga and Ayurveda offers the highest quality training and experience for individuals seeking to apply Yoga and Ayurveda in the manner in which it was originally intended, as therapy. We believe that integrated training and practice is essential for a yoga therapist. Rasa Yoga trainings feature the Rasa Yoga Learning Method which closely aligns with Elaborative Rehearsal Learning, a method that has been proven to allow for a 90% retention of material learned.

## Pre-requisites

Rasa Yoga Cikitsa (Therapy) program requires the completion of a 200-hour teacher training course. Students may obtain this level of training through several paths:

- Rasa Yoga Virarupa I Certification
- Rasa Yoga TT200 certification plus Bridge Program
- 200-hour yoga teacher training course from another yoga school plus Bridge Program

In addition to a 200-hour teacher training certification, students applying to the Rasa Yoga Cikitsa program must also have a minimum of:

- One (1) year of personal practice
- One (1) year of teaching experience

*Upon acceptance to the Rasa Yoga Cikitsa program, students complete the following training components:*

## **FOUNDATIONS OF YOGA CIKITSA**

**Format:** A series of courses and assignments that can be completed within approximately 1-2 years.

**Focus:** Builds on the foundation of yoga teacher training, imparting the next stage of understanding on all levels with emphasis on moving toward becoming a yoga therapist & mentor.

**Who it serves:** Those interested in understanding the deeper principles of yoga for transformation of lives.

**Upon completion of Foundations of Yoga Cikitsa, students are eligible to apply through Yoga Alliance as RYT-500.**

## AYURVEDA CIKITSA

**Format:** A series of courses and assignments that can be completed within approximately 3-4 years. (Courses may be taken concurrently with Foundations of Yoga Therapy courses after 6 months or more of Foundations of Yoga Therapy).

**Focus:** Knowledge and experience of the philosophy, science and art of Ayurveda, disseminated over time allowing for practice and integration.

**Who it serves:** Those interested in truly embodying the Yoga and Ayurveda lifestyle, seeking their life to reflect the principles of Yoga and Ayurveda and desiring to experience the results of the therapeutic application of Yoga and Ayurveda in all areas of life.

**Upon completion of Ayurveda Cikitsa, students are eligible to be certified as an Ayurvedic Educator affiliated with the Rasa Yoga Cikitsa Program. This certification is through Rasa Yoga School of Ayurveda Yoga.**

**Upon completion of both Foundations of Yoga Therapy and Ayurveda Cikitsa, students are eligible to apply for Practicum.**

## PRACTICUM

**Format:** A mentored internship of a minimum 300 hours and approximately 2-3 years, during which time student interns apply the training they have received in individual and group therapy training sessions. Student interns begin working with peers in clinical settings, documents all sessions and receives feedback to support continued growth.

**Focus:** Application and integration of knowledge gained through direct experience leading to the student intern becoming an effective yoga therapist and leader. Minimum hours for the practicum delivery are 300, minimum hours of documentation and mentorship are 108. Total minimum practicum hours are 408.

**Who it serves:** The committed student seeking personal mastery and the ability to empower the reduction of suffering in the lives of others through the philosophy and practices of Yoga and Ayurveda. Those seeking to be certified and practice as a yoga therapist.

**Upon successful completion of Foundations of Yoga Cikitsa, Ayurveda Cikitsa and Practicum, students are eligible to apply for certification through the International Association of Yoga Therapists (IAYT) as C-IAYT.**

**Students may choose to continue to higher levels of post-grad training through Rasa Yoga, completing additional practicum hours, training courses, publications and presentations at trainings and conferences.**

**Rasa Yoga School of Yoga and Ayurveda recognizes students at the following levels of experience:**

- **RY Therapist 1,008**
- **RY Therapist 3,000**
- **RY Therapist 10,000: GURUPARAMPARA (GP)**

## **GURUPARAMPARA (GP) (RASA YOGA SCHOOL CERTIFICATION)**

**Format:** Includes a very individualized continued study and teaching (group, individual, and workshop style) with ongoing mentoring.

**Focus:** Begins where the previous level ends, moving the student into becoming an integrated part of Rasa Yoga, serving others through their own voice of yoga in a unified vision for creating peace on the planet. Moves the student to develop into the guru – one who brings the light of truth to others.

**Who it serves:** The committed and self-motivated yoga therapist who understands yoga is a lifetime study.

# Yoga Alliance Educational Categories

Our Teacher Training 200 Certification (TT200) and Formal Training Paths (Virarupa I, Virarupa II, Acharyarupa, and Guruparampara) provide in-depth learning in five educational categories: Techniques Training & Practice; Teaching Methodology; Anatomy & Physiology; Yoga Philosophy, Lifestyle & Ethics for Yoga Teachers; and Practicum. These categories are based on the Yoga Alliance registry standards, and completing the Formal Training Paths successfully qualify you for certification under Yoga Alliance, a nationally-recognized standard of training.

This section of the Curriculum Guide connects the workshops listed in the previous section to the educational categories. This is meant to provide you with a general understanding of the areas covered throughout the program. The table below shows the connection between each course and the general category. Following the table, subtopics of each category are presented. Subtopics may be covered in multiple workshops. The level of depth covered varies as appropriate to the training path. More details on each specific workshop are covered in the next section of this guide.

Category 1 – TT&P: Techniques Training & Practice: Asana, Pranayama & Subtle Body, Meditation

Category – A&P: Anatomy, Physiology & Biomechanics

**Category – YH:** Yoga Humanities: History, Yoga Philosophy & Ethics

**Category – PE:** Professional Essentials; Teaching methodology, professional development and practicum (Practicum is not reflected in the table as it is addressed in student teaching).

WORKSHOPS	CATEGORIES			
	TT&P	PE	A&P	YH
Yoga Cikitsa & Ayurveda Training Module 1				
Anatomy of Yoga				
Asana Immersion				
Ayurveda: Cultivating Vitality & Wisdom				
Ayurveda: Holistic Living				
Being Yoga				
Crucible				
Leadership Development I: Advanced Art of Yoga Studies				
Leadership Development II: Art of Yoga Cikitsa				
Meditation Intensive: Dharana				
Meditation Intensive: Dhyana				
Rasa Asana Immersion				
Rasa Vidya				
Smarana				
Weekend Intensive: Yoga as Pranayama				
Weekend Intensive: Yoga as Self-Mastery				

## TECHNIQUES TRAINING & PRACTICES

- **Asana:** Through polishing and refining alignment and teaching technique, the student will achieve a deeper understanding of the use of breath to move meaningfully into asana, the art of disseminating this information, and the use of alignment to bring the body and mind into balance. In this training one will deepen understanding and practice, improve yoga teaching, and learn the how, why, and when of teaching and practice. The student will learn medical indications and contraindications of each pose; alignment and technique, Scaravelli breath and movement style; expand insight of asana through structural analysis of poses, common mistakes and problems, adjustments and partner assists, and the use of props.
- **Bandhas, Netis, Dristi, & Purifications:** Understanding of bandhas, netis, dristi, and purifications as methods of prana retention, prana management, and cleansing; living internal balance. You will effectively learn to balance muscular energy with organic energy through these practices.
- **Breath/Western Anatomy of Breathing:** A study of diaphragmatic function and the phases of respiration - including skeletal muscle activity, oxygen exchange, and utilization.
- **Breath/Eastern Anatomy of Breathing:** This covers the action of pranayama as coordinated with asana and breathing patterns with emphasis on safe application, contraindications, modifications, and benefits.
- **Mantra & Chanting:** Aspiring teachers will experience and learn the power of mantra and chanting as a way to guide the mind and prana using sound current that tunes and controls the mental and pranic vibration.
- **Meditation:** Students will learn to impart the healing value of meditation by learning to empower students to transform how they relate to the world through teaching concentration and insight meditation techniques. The student will become skilled at teaching students the techniques for utilizing the meditation tools available (including mudras) for meditation. You will learn the value of all the different practices introduced, and be equipped to enable students to find the tools and practices that are most appropriate for each individual, lifestyle, and belief.
- **Pranayama:** Students will receive an introduction to breath and prana as an energy system, including discussion of the purpose and methods of pranayama as rhythmic breath practices to generate and channel life force in the human body. The student will gain an understanding of how the mind is calmed and stillness prevails through effective energy management.
- **Saturday Being Yoga:** Master-level asana, teaching you how to practice at elevated levels of awareness, integrating psychological & philosophical concepts for experiential understanding.

## PROFESSIONAL ESSENTIALS

- **Asana:** Expanding more into the practice and teaching of asana, you will gain the ability and practice observing student's attitude/state of mind; listening to pace of breath, safety and effectiveness of alignment, and instructing the technique of muscular energy balanced with organic energy.
- **The Art & Skill of Teaching:** This cultivates the teacher's ability to embody the art of yoga: developing presence, voice, classroom organization, verbal instructions, observation, and demonstration skills.
- **Designing & Sequencing Classes:** Learning the general sequential organization of a class by beginning with warming up mind and body and progressing to poses that require strength and stamina within the first half or early part of the class. The climax of the class is composed of the poses that require more strength, stamina, and flexibility. The last part of the class is cooling, balancing, and quieting, finally completing with Savasana.
- **Ethics & Integrity of Teaching:** As yoga teachers, we are an example to our students and we have a responsibility to ourselves, our teachers, and to our students to behave in a moral and ethical manner



and to maintain a high degree of personal integrity. You will look at the transformative power of integrating the first two limbs of Patanjali's Yoga Sutras, the yamas and niyamas, into your teaching philosophy.

- **Monday Being Yoga:** Lecture and discussion focusing on integrating the Yoga Sutras, the Bhagavad Gita, and other enlightened texts into your teaching.
- **Sanskrit Terminology:** Students will gain a working knowledge of constructing, reading, and understanding basic Sanskrit language, specifically to enhance our study, practice, and teaching of yoga. We will spend time both in lecture and practice using Sanskrit.
- **The Student: Defining & Meeting Needs:** Learning to actively and contextually listen to verbal language and body language is essential to demonstrating compassion and being empowered to define and meet a student's needs. We will look at the difference between listening versus actively and contextually listening to both verbal indicators and physical indicators including the rhythm of the breath. You will also examine the difference between empowering students and disempowering them. You will learn to instruct in a way to create understanding and clarity of perceptions without encouraging students to become mindless or mechanical.
- **Teaching: Finding Personal Balance:** Lecture and discussion around managing time and energy - recognizing that the effectiveness of teaching is directly proportionate to the teacher's practice and ability to maintain a sense of center, connection, personal balance by walking the talk through living your yoga.
- **Teaching through Observation:** Developing the ability to first evaluate the outer shape of the pose, the spatial position of the body in relation to the outer body - the alignment of the inner self/body positioning of prana, mind and consciousness in relation to the outer body and outside environment. You will learn the value of looking for the good and what works well with students empowering them to accept situations and themselves and move forward.
- **Practicum:** Depending on the level and student focus, you will practice applying the information you have learned to general classes, workshops, and/or other appropriate forums. You will also research a chosen topic and present your understanding to your peers and teachers.

## ANATOMY & PHYSIOLOGY

- **Anatomy of Yoga:** In this thorough, in-depth course you will learn anatomy and physiology of the human body including biological, directional, & spatial terminology. In the biomechanics of movement you will gain a working knowledge of the relationships within the body and movement cause and effect. You will study the energetic system of the subtle layers of the energy body, the chakra system, and the nadis. Information introduced includes physiological and metabolic functions of muscles, bones, and organs, including a review of the systems: musculoskeletal system, central and peripheral nervous system, cardiovascular system, respiratory system, gastrointestinal system, genitourinary system, and endocrine system.
- **Ayurveda:** Ayurveda is an ancient system of natural medicine that integrates body, mind, and spirit. It encompasses the total person and relates bodily functions to nature's cycles for perfect harmony and balance. Ayurveda recognizes nature's influence on our mind and body and has organized this information into a system of psychophysiological body types. Your biochemical individuality expresses unique patterns that exist within your body type. Your body type is your "essential nature" or prakriti like a blueprint outlining innate tendencies that have been built into every aspect of your mind/body system. The proper expression of this blueprint results in optimum function and perfect health.
- **Indications & Contraindications of Asana:** All categories of asana are covered: standing, balancing, forward bends, backward bends, twists, and inversions. In order to build strength and flexibility

through alignment, breath, and inner focus, an understanding is required of when adjustment and modification are indicated during the process.

- **The Science of Meditation & Healing:** Understanding the effects of mind on physiology, and biochemical and metabolic processes as validated through medical science.

## YOGA HUMANITIES

- **Eastern Anatomy:** Awareness and understanding of the vital essences and layers of the body: chakras, nadis, vayus, and koshas.
- **Historical Overview & Introduction to Ancient Texts:** An approach to the sacred Sanskrit texts that will enable the aspiring teacher to understand the origin, organization, and development of yogic and Vedic principles.
- **Introduction to Yoga Theory: The Eight Limbs of Yoga:** As we journey through the eight limbs of yoga you will expand your thinking to look toward the limbs of Patanjali's Yoga Sutras as a way to free yourself from personal samskaras, or your habitual way of thinking with the conditioned mind. You will look at the application of the eight limbs to your life through the practice of yoga.
- **Monday Being Yoga:** Lecture and discussion focusing on integrating the Yoga Sutras, the Bhagavad Gita, and other enlightened texts into the ways in which we live our lives.
- **Self Awareness/Self Study: Application of Yoga Theory:** This is a continuation of study integrating the Yoga Sutras into our everyday lives, transforming our ability to relate with our world and create the life that reflects the freedom we desire. We will learn to question our responses, internal and external, using the mirror of life circumstances.
- **Yoga Ethics & Lifestyle:** A philosophy study integrating the first limb of Patanjali's eight limbs, the Yamas. Lecture and discussion will spotlight the practice of the yamas in thought, word, and deed.
- **Yoga Philosophy & Yoga Psychology:** Students will study the Bhagavad Gita and the Yoga Sutras of Patanjali. You will learn the structure of the Bhagavad Gita with a focus on the first of the three sections dealing with the treatment of attachment and detachment. We will translate the philosophy of the Yoga Sutras into Western, present-day terms. We will discuss the in-depth workings of the mind, the ways we can apply the yoga sutras into our daily lives and our yoga practice. This information on Yoga Psychology will examine the limitations of polarizing, the "you win/I lose" cycle, the kleshas, and vrittis. We will learn the path to freeing ourselves from the illusion of separation.

# Course Descriptions

The following courses are the workshop elements of our training programs. Your choice of training will determine which courses from this list you will take.

See the Schedule of Events on the Rasa Yoga website ([www.rasayogaschool.org](http://www.rasayogaschool.org)) for dates.\*

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## Yoga Cikitsa and Ayurveda Training Module 1 (Advanced Anatomy & Yoga Therapy)



### In this workshop, you will learn to:

- Transform your status from Yoga Teacher to Yoga Professional
- Relate yoga poses to the functional anatomy and the healing process
- Discover the art of Yoga Cikitsa (Yoga Therapy)
- Increase the safety and efficiency of your yoga practice and teaching
- Elevate your skill to identify and eliminate poor posture habits with greater awareness of core musculature
- Enhance your understanding of the respiratory system
- Become skilled at applying pranayama techniques therapeutically
- Learn to use the dynamic breath to eliminate the effects of stress
- Develop the knowledge of your energy system and the relationship to the nervous and endocrine systems.
- Create a synergistic relationship with all systems of the body

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## Anatomy of Yoga



By gaining a basic understanding and deeper appreciation of how your body works, you will be able to improve your health for years to come! Discover how the body leads you to an understanding of all systems.

This workshop covers in-depth anatomy and through study and experience, the systems of the body – including musculoskeletal, nervous, cardiovascular, and respiratory.

### You will learn:

- Major muscles & bones
- Physiology of breathing
- Biomechanics of movement
- Workings of the stress/relaxation response
- Methods of increasing flexibility and strength
- Techniques for keeping healthy backs & knees
- How the koshas lead to understanding health

Anatomy of Yoga is a two-weekend workshop

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## Asana Immersion



“The journey to mastering Yoga's challenging postures empowers you to journey through life's challenges with mastery.” ~ Padma Shakti

All classes will focus on understanding principles of alignment and muscular and organic energy. We will look at where yoga asana/vinyasa and pranayama reside in our personal spiritual practice and the incorporation of Bhakti Yoga. We will address the practice and teaching of Yoga from incorporating the awareness of kramas and perception of koshas.

Asana Immersion is a three-weekend workshop

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## Ayurveda: Cultivating Vitality and Wisdom



Ayurveda originated ~5000 years ago from India. This sister science to Yoga is a complete, natural system of health which addresses you on all levels – body, mind, and spirit. It seeks to balance you according to your unique needs, maximizing your quality of life.

### **In this workshop, you will learn:**

- Qualities & Development of the Three Vital Essences
- Types & Uses of the variety of Ayurvedic healing modalities
- Application of Ayurveda in your Sphere of Influence
- Self-Insight for Evolving Personal Health & Happiness

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## Ayurveda: Holistic Living



Ayurveda originated ~5000 years ago from India. This sister science to Yoga is a complete, natural system of health which addresses you on all levels – body, mind, and spirit. It seeks to balance you according to your unique needs, maximizing your quality of life.

### **In this workshop, you will:**

- Decode the mystery of health using this ancient philosophy
- Learn lifestyle practices to optimize your health
- Discover your unique body/mind type
- Deepen your self-understanding on all levels
- Understand specific methods for reducing stress
- Gain insight into loved ones, coworkers, and friends
- Update and expand your definition of health
- Develop confidence in your ability to look and feel fantastic!

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## Being Ayurveda

Through lecture, practice, and discussion, students will learn to apply Samkhya philosophy, Ayurvedic psychology and subtle anatomy to their personal practice, resulting in integration and experience to draw from as a yoga therapist. Advanced students will facilitate vayu diagnostic practices and basic marma healing touch practices.

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## Being Yoga



Join a group of like minds to inspire positive change in your own life.

Being Yoga began in 2004 when Padma saw the need for students to have an opportunity to study and learn the aspects of yoga that create profound changes in a way that could allow real integration into one's life.

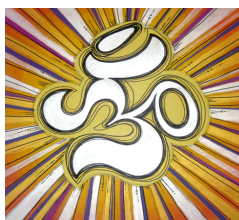
Being Yoga provides an opportunity for the student to make a transition in his or her understanding of yoga. Ultimately yoga is practiced so that it becomes a way of being.

Being Yoga meets three Mondays evenings each month and two Saturday mornings. The Monday sessions focus on studying and learning the comprehensive science and art of yoga psychology offering a methodology of understanding the self in relationship to oneself and others. The Saturday sessions focus on asana alignment and technique, awakening the inner teacher to deepen personal understanding.

Ongoing. Offered on Monday evenings (3/month); Master Sadhana Practicum is a required component of Being Yoga. Scheduling of Master Sadhana is ongoing and varies.

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## Beginner's Series to Yoga



Hidden in the "basics" of yoga are the secrets to understanding the workings of your body and mind. Through these eight weeks, you will learn the keys that unlock the true and deep joy within yoga. Travel this path with the teachers of Rasa Yoga and never see your practice the same way again!

"Mastering others is strength. Mastering yourself is true power." ~ Lao Tzu

**Session topics include:** Foundation & Building From the Ground Up ~ Pelvic & Shoulder Girdle Strength & Stability ~ Core Strength & Spinal Agility ~ The Art of Breathing ~ Balance & Focus ~ Mastering Yoga Postures ~ Connecting the Patterns ~ Healing through Yoga & Meditation.

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## Crucible



A CRUCIBLE is a heat resistant container in which materials contained in it can be heated to very high levels....Similarly, only those who have practiced yoga and are ready and prepared to truly drop the ego can be led to Wisdom, Truth, Freedom and Love. Through Tapas we become Tejas. Enrollment is by invitation only.

Ongoing. Offered weekly on Wednesdays.

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## Healing Immersion



A retreat with Padma Shakti

“Healing occurs when we choose to walk away from darkness and move towards a brighter light.” ~ Dieter F. Uchtdorf

The purpose of this Mini Residential Retreat with Padma Shakti is to facilitate deeper commitment to practice, healing of emotional and physical wounds, breaking cycles of non-beneficial habits, behaviors, and attitudes, enabling expanded courage, strengthening tenacity and inspiration. You will be following in the path of many yogis before and a tradition that has been strong for thousands of years. Spending time with an authentic yoga teacher like Padma Shakti in this way will create a greater degree of support for transformation of the teachings and alignment for your particular life purpose.

Inquire for additional information and for retreat dates

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## Healing Through Yoga & Ayurveda



Transcending Anxiety, Depression & Agoraphobia

**This workshop is for you if:**

- You or someone you love is suffering from these disorders
- You spend time around those challenged with these disorders
- You treat or work with patients with these disorders
- You wish to learn more about actualizing yoga's healing power

Learn Eastern vs Western perspectives on mental disease and healing:

- What are the signs and symptoms?
- What is at the root of these mental disorders?
- What are treatments of these mental illnesses?

This workshop will address all levels of these disorders from mild to major, and you will hear personal success stories!

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## Leadership Development I: Advanced Art of Yoga Studies



### You will learn:

- 5 Qualities of the Effective Teacher
- Empower Yourself to Empower Others
- How Yoga Therapy Can Serve You So You May Serve Others
- How to Serve In Private Yoga Sessions
- Teaching a Large Group (75 or more)
- Evolving From Yoga Instructor to Yoga Mentor
- The Business of Yoga & Yoga As A Career

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## Leadership Development II: Art of Yoga Cikitsa

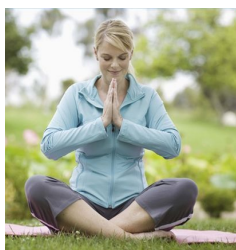


### This workshop covers:

- Accessing the 5 Qualities of the Yoga Teacher
- How To Inspire Others
- The Power of Teaching Meditation and Mantra
- How To Teach Breath Practices and Pranayama
- Yoga Teacher ~ Holistic Healer
- Learning The Art of Teaching
- Realizing the Stages and Core Elements of Sadhana
- Experiencing Pranayama To Access The Self

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## Meditation Intensive: Dharana



Focus your mind and change your life

Develop the mental edge in this effective weekend workshop. This workshop combines lecture and discussion with short periods of meditation practices. No prior experience necessary ~ great for beginners!

### In this workshop you will:

- Discover the simple, pleasant process of coherent thinking.
- Learn to remain alert & observe yet calm & collected.
- Identify clouded perceptions preventing you from enjoying clear awareness.
- Enjoy the fun, gentle & exhilarating results of meditation!

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## Meditation Intensive: Dhyana



Harness the awesome power of your mind. Make your dreams reality!

### **In this workshop you will:**

Discover a deeper aspect of yourself.

Learn the skills for creating a peaceful and powerful mind.

Identify thoughts and beliefs that do not support your life's vision.

Enjoy expanded awareness, enhanced creativity, & more fun in life!

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## Nada Yoga & Primal Sound



Sacred Sound & Harmony

Nada Yoga is the yoga of sound. Science is proving now what the ancient yogis taught: that the universe is made of vibration, the world is sound!

### **In this workshop, you will:**

Understand sound as the creative energetic force of material reality

Comprehend energy and information that exists outside of the 5 senses

Be inspired to uplift the thoughts you think and the words you speak

Learn to listen deeply and experience physical, emotional and psychological harmony

Experience the transformative power of sound harmonized with breath and movement

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## Private/Small Group Yoga Therapy/Training



Use the ancient & proven system of Yoga to make physical, mental, or spiritual changes.

The many ways you benefit from working individually or in small groups with a teacher include:

Learn yoga postures, alignment, and technique specifically relating to your needs

Heal specific body aches and pains

Raise your comfort level and learn to get the most in a group class

Gain access to a deeper understanding of yourself and your yoga practice

Develop diligent focus on your vision while integrating new skills into your life

Empower yourself to make significant changes in areas of career, relationships and quality of life



Incorporate the healing system of Ayurveda into your life and practice

Maintain a life balance and harmony

Offered individually and in small groups

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## Rasa Asana Immersion



Three amazing weekends of yoga study!

### **This workshop covers:**

- Awakening the spine
- Cultivation of core strength
- Linking breath and movement
- Fundamentals and anatomy of power poses
- Linear, circular, and organic principles of movement
- Accessing advanced poses through vinyasa krama or sequencing
- Evolving your practice through the koshas or levels of awareness
- In-depth technique of poses, including arm balances and inversions
- Using asana practice to transcend the klesas or obstacles to happiness

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## Para Pasyanti Vimsatsapta: 27 Day Sabbatical



“The real value of Yoga and Ayurveda is found in experience.” – Padma Shakti

It takes a minimum of 21 days of consistent practice to make lasting change, to replace unsupportive habits with supportive ones, and to begin to more fully integrate yoga into your life. Take transformation to the next level in the Para Pasyanti Vimsatsapta 27 Day Sabbatical.

Students who qualify for Rasa Vidya have the option to attend the entire 27-day immersion.

Offered annually

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## Rasa Vidya Intensive Retreat



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

During this time together, you will be led 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 intensive, 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.

Offered annually

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## Smarana Intensive Retreat



Total immersion in a yoga lifestyle!  
Smarana: Sanskrit, remembrance of our wholeness

### **Courses include the following topics:**

Yoga Therapy, Mantra & Chanting, Eastern Anatomy, Pranayama, Prana Vayus & Asana, Asana Alignment & Technique, Nataraja Yoga Flow, Teacher Classroom Management, Observing, Props & Adjustments, Bandhas, Neti, Dristi, Purifications, Sanskrit, Terminology, Bhagavad Gita Study, Yoga Psychology: The Yoga Sutras, Ayurvedic Healing, Teacher/Student Relationship

Offered annually

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## RY TT200 Teacher Training



**Learn to be an effective Yoga Teacher, ideal for those seeking a flexible hybrid program and seeking to receive a certification within approximately 9 months-1 year.**

### **Topics of study include:**

Ayurveda  
Meditation  
Anatomy  
Asana and Pranayama  
Teaching Methodology  
Yoga Psychology and Philosophy  
Sanskrit

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## Rasa Radiance Retreat



**A Yoga and Ayurveda retreat open to beginner through advanced students with Padma Shakti at the beautiful Radha Madhav Dham.**

Rasa Yoga is the art of creating an intentional experience to cultivate a specific bhava or emotion and becoming the *rasika* of everyday life.

### *Who should attend this retreat?*

- ॐ Someone looking to swim in the sweetness of life
- ॐ Someone seeking to understand more about emotional intelligence
- ॐ You wish to learn how to consciously create and embody the feeling tones you desire in your experiences
- ॐ You are looking to sublimate the attachments and aversions of good vs bad.

Offered annually

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## Supplemental Tuesdays



The Five Great Elements as the building blocks of life are presented in this course as well as the fundamentals of understanding yourself on all levels - body, mind, spirit. Supplemental Tuesday is also an effective Supplement to Being Ayurveda.

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## Weekend Intensive: Yoga as Pranayama



### **This workshop covers:**

Eight Limbs of Yoga-In-Depth Study  
Designing and Sequencing Classes  
Teaching and Learning Methodology ~ Observation, Adjustments, Leadership  
Understanding Yoga As A Lifestyle  
Personal Practice Development  
Principles of Alignment  
Finding the Power In Your Yoga

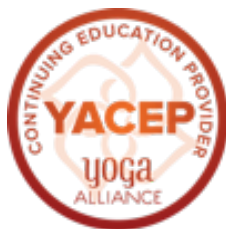
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## Weekend Intensive: Yoga as Self-Mastery



### **Topics include:**

Using the 8 Limbs to evolve into a Yoga Mentor  
Developing the personal integrity to work one-on-one with students  
Becoming a source of wisdom for yourself and others  
Learning how to be present  
Developing your voice as a teacher & a leader  
Empowering yourself and your students – physically, emotionally, & spiritually  
Learning the internal process of becoming Love in action



Already a registered Yoga Teacher?

Rasa Yoga School offers effective Continuing Education that is recognized by Yoga Alliance Registry.



# Faculty Bios

## **Gurudevi Padma Shakti (Tracie Brace Hatton), C-IAYT & E-RYT 500**

### **Founder & Program Director**

Padma Shakti is Founder and Director of Rasa Yoga School of Yoga and Ayurveda and Bay Area Yoga Collective. Padma holds a firm commitment that Yoga and Ayurveda are on the cutting edge for success and leadership development. Through her ability to effectively assimilate and disseminate the teachings of yoga and ayurveda she enables people to craft a life beyond just getting by, to live a full life thriving and healthy toward the absolute highest quality possible. Padma Shakti is committed to the power of community and seeks to demonstrate that through functional relationships, you strengthen and empower not only yourself, but the whole of humanity.

Padma sees the physical body as the gateway to transformation on all levels. Her biomedical training includes courses in human anatomy & physiology and microbiology from Lamar University and experience as a Physical Therapist assistant working with patients in critical care settings.

Padma's extensive training as a yoga teacher and therapist and thousands of hours working with individual clients in asana and yoga psychology have led to her remarkable clarity and ability to empower others. She has studied and trained with these great beings as the primary foundation of her education: Dr. David Hoch, Lex Gillian, Reverend Karen Tudor, Sandra Summerfield-Kozak of International Yoga Studies, Rodney Yee, Shiva Rea, Dr. David Frawley, Dr. Stephen Phillips and Swami Atma.

Padma has more than 400 hours of advanced yoga psychology and ayurveda training through Para Yoga and has studied Vedic Counseling in depth with Dr. David Frawley and Dr. Robert Svoboda.

Padma regularly presents on the therapeutic application of yoga and the transformative practice of Rasa Yoga at the Texas Yoga Conference and Texas Yoga Retreat.

Her current studies and training are influenced mostly by Master Jason Campbell and Pandit Rajmani Tigunait.



## **Paul Hatton, DC**

### **Structural Therapeutic Advisor**

Dr. Paul Hatton is a 2007 graduate of Texas Chiropractic College and registered yoga teacher. He received his yoga teacher training from Rasa Yoga School of Yoga and Ayurveda and continues to train and practice in his home yoga community. Dr. Hatton serves as the Structural Therapeutic Advisor at Rasa Yoga, bringing his expert understanding of the functionality of anatomy and physiology together with his keen sense of how the human element of emotion and psychology plays a key role in overall wellness and influences all systems. Dr. Hatton approaches health as any other science, as a logical process of putting the simple solutions first. Since we know that nothing can affect our mood or spirit like being in pain, then it seems logical that our pain can stem from our mental states. Most conditions can be either eased or eliminated by a few simple, guided steps in logical order. This allows the body and mind to heal with the obstructions to health out of the way. These steps may include one or more of the following: Increasing range of motion, physiotherapy, spinal or joint adjustments, guided visualization, meditation, nutrition consultation, ayurvedic processes, or various other suggestions. Dr. Hatton feels more at home in a slower paced, patient centered practice rather than one that involves seeing a large number of patients with less face-to-face time. Being based in the Rasa Yoga environment, the opportunity is there to provide peaceful, deliberate care; focusing on the individual, rather than focusing on the doctor and his needs.

As a faculty member for the Rasa Yoga Cikitsa program, Dr. Hatton teaches Advanced Anatomy and Yoga Cikitsa where he offers his knowledge and experience of the interrelationships of all the systems of the body, common pathologies and how the therapeutic application of yoga is healing. He is also an expert on the principles of therapeutic relationship able to offer keen insight on common practices in the current healthcare system and how a yoga therapist can plan an important role in client well-being.



## **Gayatri Asita (Gracie Alcocer), C-IAYT & E-RYT 500**

Program Director & Student Advancement Director

Gracie "discovered" yoga while searching for healing and inner peace. Not long after the beginning of her yoga studies, she experienced the benefits and joys of practicing yoga throughout a pregnancy. This inspired her to begin teaching Pre-Natal Yoga classes in order to share her experience with others. Learning the value of present moment consciousness, a yogic way of being, has Gracie living a more rich and meaningful life. It is her transformational and healing experiences within her yoga studies that motivate her to teach and share with others. Her teaching experience includes teaching yoga in Spanish, Pre-Natal, Fundamental and Advanced yoga classes and workshops on healing anxiety, depression and panic attack. Gracie has taught "Healing through Yoga and Ayurveda" at the Texas Yoga Conference twice. She has been studying with Tracie Brace Hatton at Yoga Rasa since Spring 2005. She is currently studying Ayurveda in depth with Dr. David Frawley of the American Institute of Vedic Studies. Gracie serves as Student Advancement Director for Rasa Yoga School of Yoga and Ayurveda and as a mentor in Master's Path Programs and in the Yoga Cikitsa Program. She educates beginner through advanced students in Ayurveda through workshops and as a teacher of Rasa Yoga's Ayurveda Certification courses. Gracie is certified in Buti Yoga, which she utilizes to teach her students greater empowerment and self-love through a dynamic and transformative physical practice. Whether teaching individual or small group therapy sessions, lecturing in a classroom or teaching group asana, Gracie's goal is to create an experience for students in which they remember their own divine nature, feel self-empowered and align with their ability to create or transcend anything.



## **Padmasri Durga (Denise Ngo), E-RYT 500**

Curriculum Advancement Director

Denise is passionate about creating harmony in the world through inspiring transformation of self and others. She began practicing yoga in 2006 and as a classically trained musician immediately saw many parallels between the art, sciences and philosophies of both yoga and music. She has been teaching general yoga classes at Rasa Yoga since 2008 and continues actively training. She is currently in practicum toward her C-IAYT. She has trained in-depth in yoga philosophy, Ayurveda, asana, pranayama, kriya, Sanskrit and mantra.

Denise has taught on the therapeutic effects of sound, music and mantra at the Texas Yoga Conference and teaches workshops for beginners through advanced students studying in Rasa Yoga's Ayurveda Certification programs. Denise is a practicing sound healer, using vibration to tune and align the body and mind through the instrumental medium of tuning forks, singing bowls and the human voice. She has hundreds of hours of clinical experience with clients in sound therapy. She also serves as a mentor for students in Rasa Yoga's Master's Path Programs and as the Curriculum Coordinator for Rasa Yoga School. Denise draws on her experience and training in the fields of music, public education, Yoga and Ayurveda to bring a synthesis oriented approach to her work with students and with the school.

Denise extends deep gratitude and love to her teacher Padma Shakti (Tracie Brace Hatton) for the lineage of teachings and embodied example of what it means to live passionate, on purpose and connected to a greater vision. She acknowledges the constant guidance and inspiration she has and continues to receive since the first steps on her training path.

She has also trained in spiritual entrepreneurship with Master Teacher Jason Campbell, Nada Yoga and Sanskrit with Kristin Brooks, Sanskrit with Dr. Stephen Philips and has taken workshops with Yogarupa Rod Stryker and Sandra Summerfield Kozak.



### **Sridevi Praneeth (Ande Smith), RYT 200**

With sincere appreciation and gratitude, Ande thanks all of her teachers and students for the opportunity to grow and to share her love through Yoga. She began studying & practicing Yoga at Rasa Yoga with Padma Shakti in 2006 and is currently working on completing her RYT 500 certification. Ande has a deep love for and appreciation for the miracle of the human body and a passion for education. She is able to create unique experiences for her students to understand experientially how the human body functions and how all its systems inter-relate. Ande is an expert in the biomechanics of movement and how asana and pranayama practices impact and benefit all human systems. Her training includes science courses at Texas A&M Galveston, experience teaching and managing large numbers of students and animals as the co-manager of the Clear Creek

Independent School District Living Materials Center and hundreds of hours teaching yoga asana and specific training courses to students at all levels of practice. Ande teaches Cliffs Notes to Yoga to beginners through advanced yoga students at Rasa Yoga School of Yoga and Ayurveda and Anatomy of Yoga as part of the Master’s Path program, Ayurveda Certification and Yoga Cikitsa programs. She is the author of an anatomy handbook and the creator of Yoga Stability, a weekly group class focusing on alignment, form, breath, mindfulness with emphasis on core strength and balance. Ande actively continues pursuing her own yoga education, studying Yoga and Ayurveda Cikitsa with Padma Shakti and attending conferences on science and yoga. In everything she teaches, Ande seeks to synthesize and bring to life the teachings of Yoga and Ayurveda in a way that is both functional and fun.



### **Anjali Turya Tola (Araceli Casso), RYT 500**

Seeking peace and harmony in 2010 during the angst of parenting her teenage sons, Araceli Casso found Rasa Yoga. Since her training as a psychiatrist in the 1980’s, she has studied the ego and insight-oriented psychodynamic psychotherapy. Now, through the study of eastern psychology and practices prescribed, she has found a path for continued self-awareness and growth and uses these tools in her psychiatry practice. She has received the Virarupa I and Virarupa II certifications with Master Teacher, Padma Shakti and is currently a Guruparampara student, working towards her E-RYT 200 certification and a certification as a yoga therapist through Rasa Yoga and the International Association of Yoga Therapists, IAYT.

She offers much gratitude to Master Teacher Padma Shakti (Tracie Brace Hatton), her teacher and founder of Rasa Yoga School of Ayurveda Yoga, and her teachers and mentors Gayatri Asita (Gracie Alcocer) and Padma Sri Durga (Denise Ngo) for their teachings and support along the path.



### **Randall and Kristin Brooks**

Department of Sanskrit, Mantra & Ancient Mythology  
Rasa Yoga School of Yoga and Ayurveda

Beginning with their initiation into the path of Nada Yoga (the yoga of sound) in 1995, Randall and Kristin Brooks have devoted their entire lives to the study, integration, and teaching of yoga as it relates to the expression of human potential. Scholars in the areas of mythology, comparative religion, yoga psychology and philosophy, as well as ancient languages & their sacred texts (including Greek, Hebrew, & Sanskrit), Randall and Kristin are exceptionally proficient in connecting and articulating the complex patterns humans share along

life’s journey.

With the intention of awakening and expressing the highest version of themselves and inspiring others to do the same, Randall and Kristin use sacred music, mantra, and myth to seamlessly weave the ancient teachings and traditions of yoga into a practical and sustainable lifestyle for today’s modern yogi. Their passion is to help others unveil and demystify the magnificent, poetic dance between their humanity and their divinity. They encourage others to break away from the mundane and devote themselves to discovering the Truth of who they are in order to consciously and joyously express this dance. Ultimately, Randall and Kristin aim to use their “colorful” life experience as a platform to educate, inspire, and empower others to wake up, rise above self-defeating patterns, fully embody the magic of life, and express their highest potential.

Named one of Origin Magazine’s *Inspiring Community Leaders of the New Millennia* and one of its *Favorite Couples Working Together to Shift the Planet*, Randall and Kristin passionately believe it is every human’s responsibility to use their TAGs (talents,

abilities, and gifts) to serve and uplift humanity. Therefore, they provide opportunities for children of all ages to do just that through their Peace Love OM Project, a program under their Conscious Living Empowerment Foundation (CLEF) 501(c)3. CLEF provides Art, Music, and Humanities programs that encourage people to find a deeper connection to themselves and each other by accessing and utilizing the power of creative expression.

Currently, Randall and Kristin travel the world with their beloved children, sharing the path of what they have termed Nada Bhakti Yoga (The Yoga of Sacred Sound and Conscious Devotion), as well as their inspirational, healing mantra music as Bhakti House Band.

# **Frequently Asked Questions**

## **Who are Workshops for? Aren't they only for people who want to teach?**

- Workshops are for all students who want to learn more about yoga. There is no commitment to teach.

## **Why would I want to take workshops?**

Workshops are an effective method of going deeper in your practice of yoga. If you are interested in learning more about asanas, consider Asana Immersion. If you are interested in learning more about meditation, consider one or both levels of our Meditation Workshops. Going deeper in your practice will speed up your personal transformation

## **How do these workshops complement my general classes?**

- General yoga classes focus on sustainability in physical alignment and integration of movement with breath. Workshops build on general classes by going beyond your experience on the mat into the impact of physical movement and breath on the mind and in your life.

## **Do I have to take these workshops in a certain order?**

- Within levels, there is no order in which the workshops should be taken. All workshops support your greater understanding and personal transformation.

## **I'm just interested in a physical practice right now. How would workshops help me?**

- Yoga can be taken as deeply as you'd like to go. Workshops such as Asana Immersion help you deepen your physical practice by breaking down asana poses. You'll find yourself taking skills you learn, like proper alignment while sitting or standing, out into your life!

## **If I take workshops and then sign up for Master's Path, do the credits transfer?**

- Application of class and financial credits may be applied to Master's Path, based on discussion with the Director of Yoga Studies.

## **In the Formal Training Paths, how many hours of study do I get with the founder or the senior teachers?**

Those who complete the Virarupa I program will study 265 hours with the founder and senior teachers, and this numbers grows considerably from there: Virarupa II offers 414 contact hours; Acharyarupa offers 679 contact hours; and Guruparampara offers over 1500 contact hours.

## **How many hours of training do the course teachers have?**

- All lead teachers are certified at the Yoga Alliance 200 level or higher with more than 8,000 hours and more than 10 years teaching experience.



## **What are the benefits of going to a yoga studio that is also a yoga school?**

- Rasa Yoga is a Teaching School. All teachers who teach at Rasa Yoga have been trained here and are deeply devoted to their ongoing training. Your teachers are often in workshops right alongside you, providing for multi-level trainings that allow for mixed perspectives and discussions that move new students along faster than they would in single-level trainings.

## **What is Ayurveda, and how does it relate to yoga?**

- Ayurveda is the sister science to Yoga, dating back several thousand years. Translated as the “Science of Life,” Ayurveda addresses the body and mind as an integrated system. All studies at Rasa Yoga are Ayurvedically-inspired, which means that the seasons, time of day, and personal constitution are all considered when designing classes and providing specific personal recommendations.

## **Can I get an Ayurveda certification but not a Yoga certification?**

- Yes; the Ayurveda Yoga and Master’s Path programs are distinct paths, though you may find that if you’re interested in Ayurveda Yoga certification it may naturally lead into furthering your studies through more Master’s Path programs.

## **What can I do with my Ayurveda Yoga certification once I get it?**

- The Ayurveda Yoga Certifications are offered as a way for students to more fully learn and integrate Ayurveda into their lives. Committing to the certification program calls both you and your teachers to a higher level of accountability to ensure you’re understanding the information.

## **What kind of certification do I need to have to be able to start teaching yoga?**

- Rasa Yoga Formal Training Path programs are all above and beyond the Yoga Alliance registration requirements. Completing the Virarupa I level of training qualifies you for the Yoga Alliance Registry RYT-200 certification. It is possible you may start teaching prior to actually receiving your certification, based on discussions with your Mentor and the Director of Yoga Studies.

## **What does “optional homework” mean?**

- In this program, “optional homework” is work that can be completed that will further your understanding of the material in the Training Course. Completion of this homework is highly recommended, but not required.

## **What are the 54 and 108 certification programs?**

- After you have attended 54 and 108 hours of classes, you will be awarded a 54 or 108 Student Certification during a bi-annual Founder’s Recognition Awards Ceremony (FRAC). There is no extra work required above general class attendance.

## **RY TT200 Tuition**

Full Tuition is \$3,200

Tuition includes:

200 hours of teacher training in the following topics of study:

- Ayurveda
- Meditation
- Anatomy
- Asana
- Pranayama
- Teaching Methodology
- Yoga Psychology and Philosophy
- Sanskrit

Ongoing Assessment

Certificate of Completion

Travel and lodging/accommodations for students from outside the Houston area is not included in program cost.

## Virarupa I & II Tuition

Virarupa I & Virarupa II		Virarupa I	Virarupa II	<b>Acharyarupa*</b> <i>Please turn to the next chart if you are Acharyarupa looking for tuition information</i>
	Tuition	<b>\$4444</b>	<b>\$8200</b>	<b>\$14,054</b>
Ayurveda Yoga Certification: Krama I	<b>\$1599</b>	\$6043	\$9799	Included
Ayurveda Yoga Certification: Krama II	<b>\$1799</b>	\$6243	\$9999	Included
Being Ayurveda	<b>\$489</b>	\$4933	\$8689	See next page
Being Yoga 6 mo.	<b>\$680</b>	\$5124	\$8880	\$14,734
Being Yoga 1 yr.	<b>\$1250</b>	\$5694	\$9450	\$15,304
Private/Group Training Package 1 *	<b>\$689</b>	\$5133	\$8889	\$14,743
Private/Group Training Package 2 ^	<b>\$1298</b>	\$5742	\$9498	\$15,352
Healing Immersion 3-Day	<b>\$859</b>	\$5303	\$9059	\$14,913
Healing Immersion 4-Day	<b>\$959</b>	\$5403	\$9159	\$15,013

Tuition and fees does not include the cost of books and supplies (varies between \$500-\$1500).

For all residential intensives, travel and accommodation are between \$1800-\$2000.

Students must pay a 50% deposit 1 year in advance and pay the balance of accommodation cost 3 months prior to the residential intensive (Smarana and/or Rasa Vidya)

Tuition charts are intended to show some of the possible combinations of training programs. These charts are not cumulative. Please discuss with Wellness Concierge and/or Mentor for further questions.

\*Private Lesson Package 1 - 6 Group + 2 Private Lessons

^Private Lesson Package 2 - 8 Group + 8 Private Lessons

*\*A student is also designated Acharyarupa when they enroll in Virarupa II Training within 6 months of enrollment in Virarupa I*

## Acharyarupa & Guruparampara Tuition

<b>Acharyarupa &amp; Guruparampara</b>		<b>Acharyarupa*</b>	<b>Guruparampara</b>
		<b>\$14,054</b>	<b>\$36,000</b>
Tuition			
Ayurveda Yoga Certification: Krama I	<b>\$888</b>	Included	\$36,888
Ayurveda Yoga Certification: Krama II	<b>\$1008</b>	Included	\$37,008
Being Ayurveda	<b>\$333</b>	\$14,387	\$36,333
Being Yoga 6 mo.	<b>\$680</b>	\$14,734	n/a
Being Yoga 1 yr.	<b>\$1250</b>	\$15,304	n/a
Private/Group Training Package 1 *	<b>\$689</b>	\$14,743	\$36,689
Private/Group Training Package 2 ^	<b>\$1298</b>	\$15,352	\$37,298
Healing Immersion 3-Day	<b>\$859</b>	\$14,913	
Healing Immersion 4-Day	<b>\$959</b>	\$15,013	

Tuition and fees does not include the cost of books and supplies (varies between \$500-\$1500).

For all residential intensives, travel and accommodation are between \$1800-\$2000.

Students must pay a 50% deposit 1 year in advance and pay the balance of accommodation cost 3 months prior to the residential intensive (Smarana and/or Rasa Vidya)

Tuition charts are intended to show some of the possible combinations of training programs. These charts are not cumulative. Please discuss with Wellness Concierge and/or Mentor for further questions.

\*Private Lesson Package 1 - 6 Group + 2 Private Lessons

^Private Lesson Package 2 - 8 Group + 8 Private Lessons

\*A student is designated Acharyarupa when they either:

- 1) Enroll in Acharyarupa Training at the outset of Formal Training
- 2) Enroll in Virarupa II Training within first 6 months of enrollment in Virarupa I Training

# Ayurveda Yoga Training Tuition

## General & Touchstone Students

Ayurveda Yoga Course	General Student Tuition	Touchstone* Student Tuition
Ayurveda Yoga Certification: Krama I	\$2498	\$1998
Ayurveda Yoga Certification: Krama II	\$2298	\$1798
Being Ayurveda + Being Yoga	\$872	\$872
Being Ayurveda (Weekly Being Ayurveda Class, no workshops)	\$589	\$589

*\*A Touchstone is a student not enrolled in a Formal Training program but who studies more in-depth than general classes.*

## Virarupa I & Virarupa II

Ayurveda Yoga Course	Tuition
Ayurveda Yoga Certification: Krama I	\$1599
Ayurveda Yoga Certification: Krama II	\$1799
Being Ayurveda + Being Yoga	\$772
Being Ayurveda (Weekly Being Ayurveda Class, No workshops)	\$489

## Acharyarupa & Guruparampara

Ayurveda Yoga Course	Tuition
Ayurveda Yoga Certification: Krama I	\$888
Ayurveda Yoga Certification: Krama II	\$1008
Being Ayurveda + Being Yoga	\$622
Being Ayurveda (Weekly Being Ayurveda Class, No workshops)	\$333



# **Rasa Yoga Cikitsa Program**

*IAYT Accredited Program*

## **Pre-requisites**

Applicants to Rasa Yoga Cikitsa (Therapy) Training must meet the following pre-requisite requirements for admission:

- 200 Hour yoga teaching certification or the equivalent
- At least one (1) year of yoga teaching experience
- At least one (1) year of personal practice

*The Rasa Yoga Cikitsa program application form is available at [www.rasayogaschool.org](http://www.rasayogaschool.org).*

## **Rasa Yoga Cikitsa Program Tuition & Fees**

All program fees and other fees must be paid in full before certification can be given. Full payment agreement becomes binding at the first payment of the program to which the student has been admitted.

The tuition amount for the full Rasa Yoga Cikitsa program is \$20,695. This amount covers all courses as outlined in the Student Handbook, induction, mentoring, Yoga Cikitsa and Ayurveda Training (2 sets of modules), assessment and administrative fees.

Not covered in program tuition is the cost of books (\$850) & supplies (\$250), accommodations and travel to residential training (\$3000-\$5000).

Accommodations for residential trainings will be paid separately through Rasa Yoga to the retreat center.

Travel costs and arrangements will be made by the individual student according to his/her location and needs.

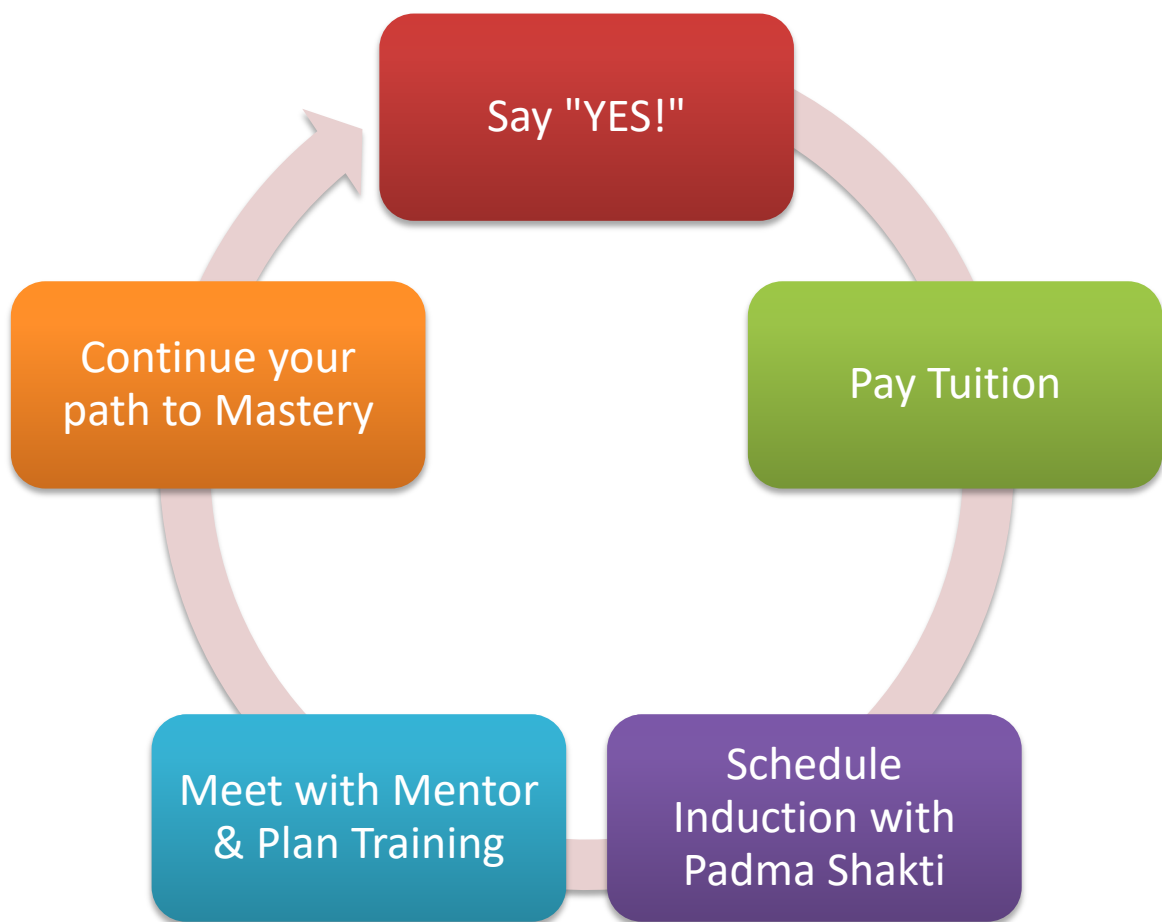
Required books & supplies may be pre-purchased through the Rasa Yoga boutique if desired by the student. The amount of books and supplies is not included in program tuition.

**Rasa Yoga Cikitsa Program**

**\$20,695 Paid in full**

# What's Next?

“The journey toward mastering yoga’s challenging postures enables one to journey through life’s challenges with Mastery.”  
– Gurudevi Padma Shakti



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*\*Application Process applies for students not currently active at Rasa Yoga*