

Join Padma as she discusses the  
**Journey Far & Wide  
to Return Home**

Retreats with **RASA**  **YOGA**

Thursday, Nov. 1, 6-7:30 pm

**Eat, Pray, Yoga • June 2019**

**Tuscany, Italy**

*Experience celebration, reflection and transformation with the intention of awakening the physical, emotional and spiritual heart. Enjoy the beauty of Tuscany along with the profoundly experiential process of mindfulness while we integrate practice, prayer and play.*



*Padma will discuss the need of retreating to “return home” at least once a year, stepping away from regular life and distractions. While training intensives are structured and required for various training programs, retreats are intentionally designed to allow you to fully experience the destination while connecting more deeply with your purpose.*



**A Journey Home • January 2020**

**India**

*Immerse yourself in the land of rich ancient wisdom and cultural heritage. Visit spiritual attractions of Southern India as we experience the very soul of humanity, gain new perspectives, and deepen your appreciation for our Yoga and Ayurveda roots.*



**Rasa Radiance • July 2019**

**Radha Madhav Dham  
Austin, Texas**

*Connect with your inner radiance and fully experience the “island of excellence” that you truly are. Practice living life with purpose with nourishing food, healing silence and the beauty of sacred space.*



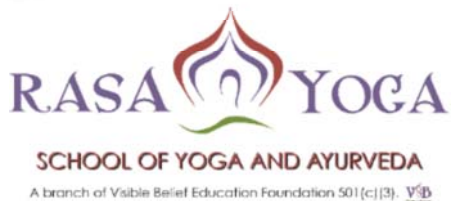
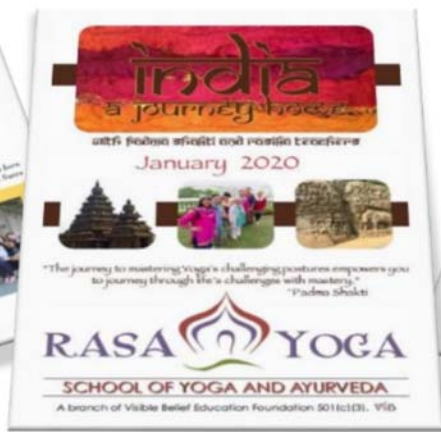


# Padma Shakti

(Tracie Brace-Hatton), E-RYT 500

Rasa Yoga Founder & Director of Yoga Studies

Padma Shakti (Tracie Brace-Hatton) is Founder and Director of Founder and Director of Rasa Yoga School of Yoga and Ayurveda, Visible Belief Education Foundation 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. Her ability and clarity to empower others is made possible by her study, training and love of these great beings: 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. There are many other masters and teachers to pay homage to as well whether by lineage living now or before. Her current studies and training are influenced by mostly by Master Jason Campbell, Pandit Rajmani Tigunait & Yogarupa Rod Stryker.



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