

RASA  YOGA
SCHOOL OF AYURVEDA YOGA



*“The journey to mastering
yoga’s challenging postures
enables you to move through
life’s challenges with mastery.”
~Gurudevi, Padma Shakti*



Student Handbook

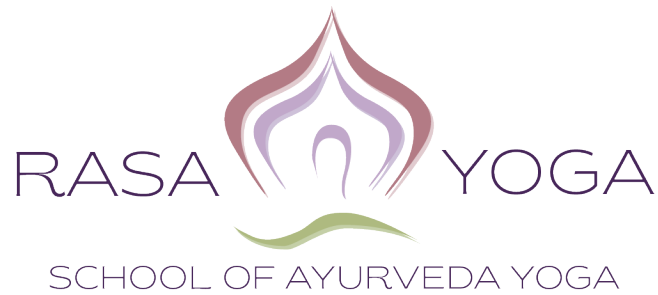


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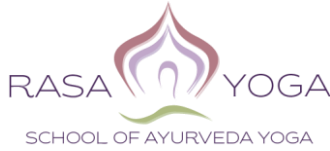
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~ Our Mission Statement ~

Rasa Yoga exists to actively participate in creating peace on our planet by joining with others to grow an all-inclusive yoga study community, promoting total physical, mental, spiritual health and well-being.

Action Plan for New Students



Wellness Concierge: _____

Contact Info: _____

Tuition Expiration: _____

Student Contact Info: _____

Action Plan for _____ (Student Name)

The practice of Yoga empowers you to heal the aspects of your life that aren't working well and to expand those aspects of your life that are. It's important to gain clarity around the areas of your life you wish to transform and grow. **DO MORE YOGA** and enjoy the results!

Benefits Sought: (Your "Why")

- _____
- _____
- _____

Your Availability: (circle timeframes)

Weekday: *Early AM* *AM* *Daytime* *PM* *Late PM*

Weekend: *Saturday* *Sunday*

Notes: _____

Your Class Schedule:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

* Refer to Student Handbook for class descriptions

Tools to support you:

*Therapy
Sessions*

*All-Invited
Talks*

*Yoga
Classes*

Workshops

*Meditation
Classes*

What's next?

6-month membership *2-month membership* *Other:* _____

Other Notes: _____

Benefits of Yoga

Intelligent Strength

In yoga poses, the whole body is involved. You learn how to use your body from the inside out. Your strength is meant to begin at the deepest supporting muscles and then goes out from there. Through practicing this in yoga class, you can learn to move in a way all the time that keeps your body healthy. In many cases, you can heal your own aches and pains through learning yoga. If you have ever had back pain but do not yet know about the piriformis or psoas muscles, get in class! We talk about these muscles often and teach you how to access them in your own bodies. You gain strength from the core and learn to support all your joints. Our bodies are not actually meant to fall apart as we age. If this is happening to you, yoga will show you how to reverse the clock!



Flexibility

The most commonly known benefit of yoga is that it increases range of motion. This is actually a byproduct of learning intelligent strength. The muscles work in pairs around the joints. Flexibility does no good without strength. As you strengthen one muscle, the muscle on the other side of the joint will become more flexible. Through using all the muscles in the body, you gain increased range of motion in all your joints. Another reason flexibility increases is due to the changes in your nervous system, which I will cover later. Know that it is possible for you to touch your toes again!

Stability & Balance

When you have strength and flexibility, you have stability. When your body is working from the inside out, you can move more easily. You find that your limits begin to disappear. This quality cannot easily be separated from the next...

Power of Mind

If your mind was a car, would you be driving? Most of us let our minds take control of us instead of us taking control of our minds. Sometimes you can't believe what your mind tells you! Yoga teaches you to get back into the driver's seat and create more thoughts that support what you want in life and clean out the ones that do not serve you. You learn to not allow situations or people to take over, but instead to stay committed to your values even when it is a challenge. You become the eye of the hurricane instead of being out in the storm.



Respiratory Efficiency

To the degree that you feel stress in your life, your breathing is affected. The ribs and spine are meant to move with your breath. Many people do not use the diaphragm to breathe and instead overuse the neck and shoulder muscles, leading to pain and tightness there. In yoga, you learn the posture and breathing techniques that use the diaphragm and also improve your uptake of oxygen. Your respiratory system links with many of the other systems of the body, which leads me to the next benefit.

Nervous System Balance

With the perception of stress and the underusing of the diaphragm, your body is subjected to overstimulation of the “fight or flight” response. As you improve breathing and focus, your nervous system is allowed to relax. Your nervous system basically runs your body, so the effects of this are innumerable. The ability to relax does have to be practiced. Every yoga class works with this concept, leading up to the full relaxation at the end of class. This helps your body work better and also helps you have more rejuvenating sleep.

Improved Quality of Life

There are countless more benefits, but these give you a general flavor – yoga improves your quality of life. If your body feels healthy and full of energy, if your mind is relaxed but powerful, there is no limit to the amazing experience of life you can have. It just keeps getting better and better.



Class Descriptions

Rasa Fundamentals ♦

Focuses on fundamental alignment points, basic poses and sun salutations. This class generally offers a slower practice with an emphasis on 2-3 poses each week including use of props and time to ask questions. Appropriate for yoga beginners, those who are new to working with a teacher, and intermediate students who would like to spend more time on individual poses.

Rasa Foundation ♦♦

Focuses on principles of alignment, form, mindfulness and yogic breathing. Learn the skill of yoga, which teaches sustainable biomechanics of movement, leading to increased range of motion, strength and stability and health for years to come. The method of breathing practiced builds respiratory efficiency and creates balance in the nervous and endocrine systems.

Rasa Stability ♦♦

This class offers similar format and benefits to those gained in Yoga Foundation class, with additional emphasis on core strengthening, stability, and balance. Balance and stability are both a physical and a mental practice, and this class addresses both mind and body to bring the student a greater sense of inner stillness and power.

Rasa Jai ♦

Join Rasa Yoga teachers-in-training in this teaching lab class designed to prepare you for the upcoming day. You will practice alignment, form and breathing and experience the power of beginner's mind. Rasa Jai will support all stages of students in looking forward to the day ahead with gratitude and joy! Take back your power and turn the tide toward inspiration!

Peaceful Flow

Experience calm and learn to connect within during the midst of your day. Peaceful Flow is a moving meditation practice set in a warmly-lit room created by candles and Himalayan salt lamps. This class primarily focuses on synchronizing movement with breath with periodic reminders toward alignment. Sound bowl healing is introduced to provide relaxation and help ease emotional tensions and blockages. This practice is intended to help calm the nervous system and release what no longer serves so that we may move through our day with clarity and peace.

Ayurveda Yoga Foundation ♦

Discover the profound synergy of Ayurveda and Yoga in action with Ayurveda Yoga Foundation. This class is open to all levels, making it accessible whether you're a newcomer or an experienced practitioner. Delve into the ancient wisdom of Ayurvedic principles and uncover your unique constitution (dosha). Immerse yourself in the holistic well-being that comes from aligning your yoga practice with breath and movement. Our class structure includes a 15-minute lecture on Ayurveda Yoga principles followed by 45 minutes of postures, breathwork, and mindful movement. Join us on this transformative journey where you'll learn to harmonize your body with the rhythms of nature, irrespective of your prior yoga experience.

Vira Rasa Flow Fundamentals ♦♦♦

An introduction to transitioning from one pose to another on the mat. Conquer "destination addiction" through conscious focus on breathing, counting breath and mindful movements connected to breathing.

Vira Rasa Flow ♦♦♦♦

This class builds on the skills learned in all other classes, using more challenging poses to take learning to a more advanced level. Use lower body strength and stability to develop thoracic extension, deepen focus and self-awareness. This enables the student to utilize the structure of precision, focus and technique to become effortless, fluid and free! This class introduces intermediate yoga poses and sequences to blend movement and breath which further develops the capacity of focus and concentration. Participants can expect greater muscle definition, core strength and intelligence, increased respiratory efficiency ultimately leading toward greater awareness and empowerment.



Samyama Meditation ♦♦

This meditation class is great for all levels, including beginners. You will learn to refine and strengthen your practice (Sadhana). Meditation helps reduce suffering and increases your focus, fulfillment and freedom in life.

***Rasa Nidra Plus** ♦

Enjoy Complete Relaxation and Restore Balance of Body and Mind! Yoga Nidra is a systematic method of inducing complete physical, mental, and emotional relaxation. What we normally term "relaxing" is actually a diversion from our stresses, not an antidote to them. Even when falling asleep, we pass too quickly through the alpha brainwave state to adequately let go of the tensions of the day. The practice of Yoga Nidra creates a state of complete relaxation and receptivity. It provides a means of transforming and positively utilizing tension as a stepping-stone to greater awareness, efficiency, and achievement in life. What to bring: any supports you like to use for Savasana (including eye pillow, blanket, neck support, etc.) & yoga mat. Nidra Plus begins with approximately 15 minutes of Yoga Foundation asana focusing on principles of alignment, form, mindfulness and yogic breathing.

***Rasa Pranayama and Meditation** ♦

Experience the centering and healing power of the breath! We all breathe...but do we breathe well? Discover the benefits of breathing practices that support a calm nervous system, bring awareness to Prana (life force) and to your unique breathing patterns. This class links the breath and the mind, teaching you practices that soothe anxiety, provide sustainable energy and strengthen your ability to focus and direct the mind.

Rasa Yoga Foundation & Meditation ♦♦

Discover the harmony of body and mind in Rasa Yoga Foundation & Meditation. This class is designed for all levels, including beginners, and offers a comprehensive yoga experience. Immerse yourself in a well-rounded practice that includes yoga postures, mindful breathwork and meditation. This class also features a meditation component led by senior teachers, where you'll refine your ability to focus and concentrate the mind. Join us on this transformative journey to holistic well-being, where yoga meets meditation, and breath becomes a source of inner strength.

Rasa Yoga Foundation & Focus ♦

Embark on a journey of self-discovery and refinement with Rasa Yoga Foundation & Focus. Our specialized classes are tailored to elevate your yoga practice. Receive guidance, progress in your skills, and connect with a community of like-minded practitioners. Ideal for individuals at all levels, this class is designed to help you strengthen your focus through teacher-guided practices. Whether you're new to yoga or experienced, our classes provide a supportive environment for building essential skills and deepening your practice.

Shanti Rasa Flow ♦♦

A conscious cultivation of inner balance, equilibrium, wisdom, and serenity that is the fruit of living yoga. Shanti means "peace" and this practice is meditation in motion, focusing primarily on following the breath. Students are guided through the practice with reminders of alignment and form but with emphasis on staying present and aware of the breath. The structure and approach of this class allow the nervous system to unwind. This type of practice cultivates the ability to create an oasis amidst a busy life.

Community Observances

Your class experience begins as you step inside the door of Rasa Yoga...

The following observances will allow everyone to fully enjoy the experience and environment of Rasa Yoga.

- Please help us create a respite from the busy outside world by removing your shoes as you enter and placing them on the shoe shelves just inside the front door.
- Cell phones should be turned off or placed in airplane mode.
- Please sign in for classes you plan to attend using the MindBody App
- Please keep teachers apprised of any changes in your physical condition and contact information.
- Please place all belongings except for yoga props on the shelves provided and please stack props neatly in one pile near your mat.
- Waiting areas include the chairs and tables around the Boutique. We invite you to quietly browse the Rasa Yoga Boutique or connect to our wireless network before class and when a class is in session.
- We understand a challenging day; please remember that the purpose for coming to the studio for many students is to release their worldly challenges and to know peace and better health. If you must discuss your life challenges, please do so quietly outside.
- At Rasa Yoga, we understand that “life happens” and you may need to arrive after the class has begun. Please enter QUIETLY (during class opening, sit down near the back and wait to unroll mat until opening is complete). During asanas, please wait until we complete the pose before setting up. Please know that we respect your willingness to attend class and your commitment to your practice. Keep it up!
- Please remain silent when class is in session unless conversation is part of class.
- Please maintain a low volume of voice at all times in all areas of Rasa Yoga.
- Please wear closed leg shorts. Men, please wear a tank top or other torso covering.
- Practice yoga 2–2½ hours after consuming a large meal and please stay well hydrated. Avoid drinking too much H2O during your practice.
- Please maintain focus and reverence during your practice.
- Please enjoy some water or a cup of tea before or after class. So that we may continue to offer you a refreshing drink, please share a love offering in the donation jar.
- We welcome and appreciate your comments and feedback. Please feel free to speak frankly with us in person, by email or phone call if there is anything we do that creates an imbalance for you.

REFUND POLICY

Retail: Rasa Yoga will issue store credit on any returns of items (other than books) purchased in the Rasa Yoga Boutique. Cash/credit refunds will not be given. Applies only for unopened and/or unused items. Must use within 14 days from date of purchase.

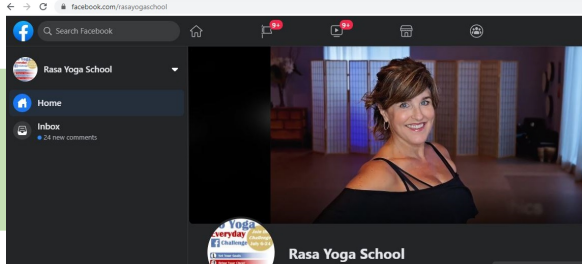
Services (Yoga, Chiropractic and Ayurveda): All services, including but not limited to: class tuition, workshops, private lessons, chiropractic purchases, Master’s Path and Teacher Training Certification tuition and courses are non-refundable and non-transferable.

STUDENT / SENIOR TUITION DISCOUNT

All full-time students and senior citizens (80+ years young) will receive a 15% discount on the price of yoga tuition. Not available on any tuition package or any discounted price.

CANCELLATION POLICY

In order to create space for all people that wish to attend class in person, we kindly request that if your plans change and you are not able to show up for your reserved space, you cancel a minimum of four (4) hours before class. If you should late cancel after the four (4) hour time frame you will be charged eight dollars (\$8) for each late cancel. For all appointments, please cancel at least 24 hours in advance.



Find school information, announcements, fun activities, challenges, etc on our Rasa Yoga School Facebook page.



hosted by
MINDBODY



Book your in-person or livestream classes on our Rasa Yoga School Website. (Select Calendars then select Class Schedule.)

Class Schedule

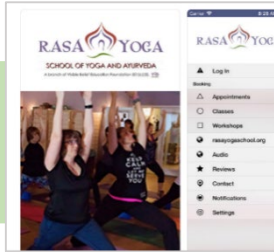
Find a Class My Account

S	M	T	W	T	F	S
23	24	25	26	27	28	29

Full Calendar

Monday, August 17

- 10:00 AM – 11:00 AM Yoga Foundation (in studio) [Sign Up](#)
- Grade
- 10:00 AM – 11:00 AM Yoga Foundation (ONLINE SCHOOL) [Sign Up](#)
- Grade
- 06:00 PM – 07:00 PM Mindful Flow (in studio) [Sign Up](#)
- Denise



Book your in-person or livestream classes on our Rasa Yoga App. (App download is free. Download by going to Apple App Store or Google Play Store & search "Rasa Yoga".)



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Join livestream classes by simply clicking on your personal link. (You receive this link in an email 30 minutes prior to your booked livestream class.)



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Access on-demand videos on our Rasa Yoga School Website. (Select Member's Resource, select Livestream & On-Demand Classes, then scroll down to View On-Demand Classes.)



Also see us on Zoom, Instagram and YouTube.

Get the RASA YOGA Branded App!

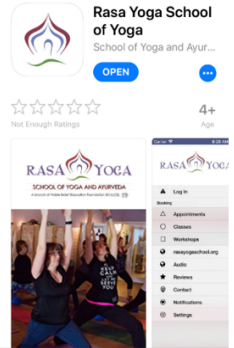
WHO For ALL
Rasa Yoga
Students!

- WHAT**
- ▶ Check-in for classes
 - ▶ View the schedule
 - ▶ Register for workshops and special events
 - ▶ Be notified of schedule changes and those rare class cancellations
 - ▶ Receive information on promotions

HOW

- 1 Download the Rasa Yoga App by going to the Apple App Store or Google Play Store & search "Rasa Yoga". The download is free!

- 2 Simply login with the email address on file in your client info.



Rasa Yoga

The 7 Habits of the Highly Effective Yogi

as taught by Padma Shakti

Create & Sustain a Daily Practice:

Now is a great time to begin or re-inspire these habits.

7

Habits



1. Water ritual

Every morning with awareness of the cleansing properties of water take several drinks of water immediately after your first aware breath or before getting out of bed.



2. 7 movements

3 complete breaths for each posture...

- Baddha Konasana
- Shoulder Vinyasa
- Chakra Vakrasana
- Rabbit/Headstand or Headstand Prep
- Double Pigeon
- Spinal Twist
- Spinal roll to squat

Watch the 7 movements on the Rasa Yoga YouTube Channel:

<https://www.youtube.com/embed/XmrclCXfqWw>



3. Sit for 5 minutes

Practice naming your breath, more experienced students, emotions run through you.



4. Tongue scrape

The tongue is an important detoxification organ and also important for your first meal of the day.



5. Look outside - connect with the Earth and the Sky

Connect with the harmonious balance of nature and seek to live in rhythm with nature.



6. Addiction (have a plan)

Set the intention to let go of one addiction a day and have a plan to healthfully fill the space of the addiction.



7. Live gratefully

Be grateful you have a home, food and gas in your car: EVERYTHING IS A GIFT.

A PACKAGE DEAL!

Have all your yoga tools and save!

ESSENTIALS PACKAGE

(Mat, Block & Strap)

15% OFF total for pkg



UPGRADED PACKAGE

(Add one of the items below to your package above)

20% OFF total for pkg



Eye Pillow: Nothing tops this addition to Savasana ~ relax tension in your eyes & forehead.



Blanket: Offers a multitude of uses from providing a support to lower backs in seated poses to serving as a cozy cover in Savasana & much more!



Zafu (Meditation Cushion): Elevating your hips just a few inches takes pressure off the hips and spine.

Individual & Small Group Training/Therapy

*Discover how Individual and Small Group Training/Therapy
can take your practice to a new level!*



- Individualized attention to your personal practice
- Great value for your time
- Increased awareness in your general asana practice
- Exponential effects/ results
- Create powerful movement towards your goals
- Understand your patterns and how to shift them
- Learn to view your life and body synergistically
- Smaller class sizes, one-on-one focus

6 for \$320

3 for \$149

(for new students only)

1 for \$75

Monthly elevation available

Register today, space is limited.

What's next...

How to Move Forward and Progress Beyond Your 1st 30 days:

Special Renewal Tuition:

6-month membership @ \$449

2-month membership @ \$189

Download our Rasa Yoga App



Find our app in the Apple App Store or Google Play then log in to start creating your own personalized class schedule!

Visit our Member's Resource Page



rasayogaschool.org/members-resource

Book & Access Classes Online



You can book Livestream classes and access On-Demand classes via our Rasa Yoga App and our webpage.

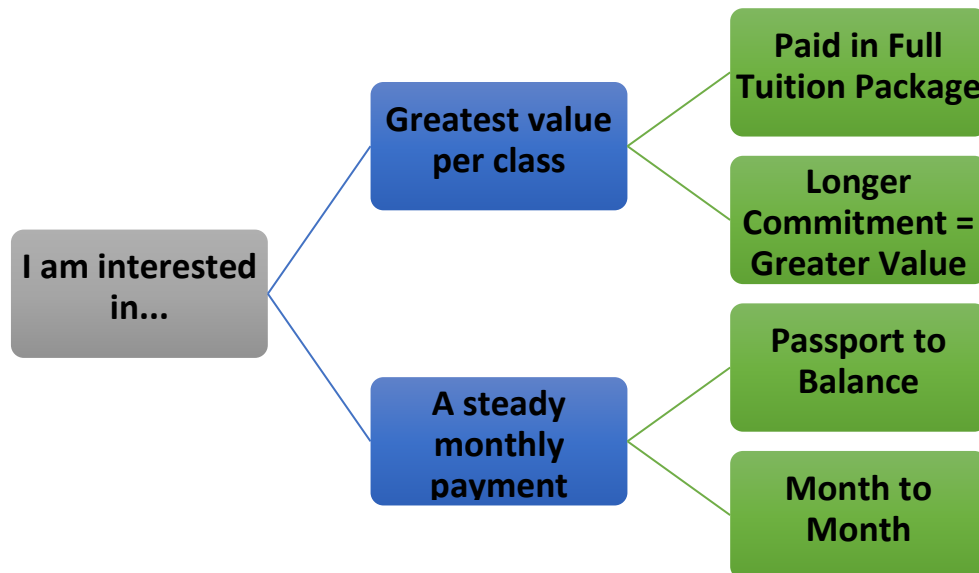
Do Yoga, Be Yoga, Thrive Everyday & Set Your Life on the Path of Transformation!

General Tuition Grid

Paid in Full Tuition			<i>Great for students seeking the greatest cost value per month from their tuition</i>	<i>Cost per month</i>
	1 Year	\$1008		\$84
	6 Months	\$599		\$99.83
	3 Months	\$320		\$106.67
	1 Month	\$179		\$179
Contracts & Agreements	3 Year P2B		<i>See your Wellness Concierge</i>	
	12 Month P2B	\$108/month	2 Freeze Options * 1 Year Contract	\$108
	6 Month P2B	\$119/month	1 Freeze Option * 6 Month Contract (can freeze for 1 month)	\$119
	Month to Month	\$124	Cancelable with 21 days advanced written notice	\$124

Early Renewal Rewards

Renew any Paid in Full tuition 2 weeks (or more) before your current tuition expires and receive 20% off.



If you renew your tuition
2 weeks before it expires,
you automatically receive 20% off!



*...You'll be
happy
you did!*

*To learn YOUR
Early Renewal
Expiration Date,
ask your teacher
today!*

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

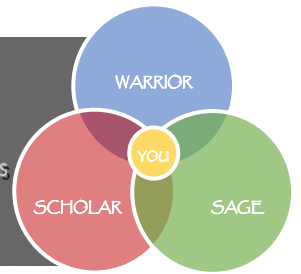


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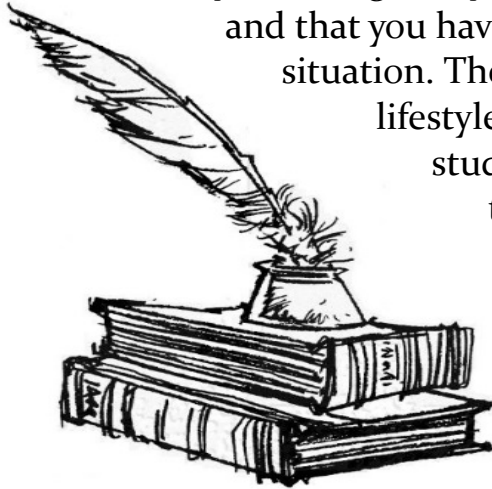
Your Journey Toward Mastery

"the Journey to mastering yoga's challenging postures empowers you to journey through life's challenges with mastery."

~Padma Shakti (Tracie Brace Hatton)



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 yoga lifestyle can offer. Rasa Yoga offers many ways to study and practice in addition to general classes, through our paths of the Warrior, Scholar, and Sage. There is a path to wholeness for you!



Interested?

To schedule an appointment, call us now:

281-282.9400 or email us:

doyoga@rasayogaschool.org

WARRIOR

54 and 108
Student
Certification

Private
Lessons

Being
Yoga

RYTT200

Virarupa
I

Scholar

Healing
Immersion

Ayurveda Training
*(Krama Certifications,
Being Ayurveda)*

Virarupa
II

Sage

Acharyarupa

Guruparampara



MASTER'S PATH

"WE BELIEVE THAT ULTIMATE MASTERY IS FOUND THROUGH TEACHING."



RASA YOGA IS A REGISTERED TEACHING SCHOOL WITH YOGA ALLIANCE OFFERING CERTIFICATIONS AT A VARIETY OF LEVELS. REFERRED TO AS THE "HARVARD" OF YOGA SCHOOLS, COME JOIN THE TRIBE AND FIND OUT WHAT ULTIMATE MASTERY TRULY MEANS.



FREE DAY OF YOGA IN THE PARK



www.facebook.com/bayareayogacollective



Join the Bay Area of Houston's vibrant yoga community!
Whether you are an experienced yogi or new student, this gathering is for you. Discover like-minded businesses through our community exhibitors and sponsors. Find your studio home.
...See you at the park!

Several times per year!



A community event!



Kids have fun!



All are welcome!

Sponsor & Exhibitor Space Available!

We invite you to join this event as a Sponsor and introduce between 100 and 200 yoga-oriented participants to your business. We have sponsorship opportunities at various levels. You may also join us as an Exhibitor. This event provides a strong market for your product or service. Set up a table, distribute information, & offer samples or giveaways.

Come out & have a great time!

For more information contact: Rasa Yoga School of Ayurveda Yoga
at 281-282-9400, www.rasayogaschool.org

Frequently Asked Questions (FAQs)

1. What is *Rasa Yoga*?

Rasa is a Sanskrit word relating to emotion, taste and the body tissue plasma. The practice of *Rasa Yoga* teaches you to become aware of emotions and to use emotions as fuel for transformation rather than being capsized by emotions.

2. What does *namaste* mean?

Namaste is a greeting in Sanskrit, the ancient language of Yoga which means, “the light in me honors and acknowledges the light in you.”

3. What is the meaning of OM?

OM is a sacred syllable and is used frequently as a mantra in class. It is comprised of 3 sounds, AH, UH, MM and is of sacred trinities such as the heavens, earth and underworld, waking, dreaming and dreamless states as well as the 3 Hindu Gods. It is referred to as the “sound of consciousness.” Please refer to your mantra guide or teacher for more information.

4. Why do I have to take off my shoes?

Removing one’s shoes upon entering the school is also a way of leaving the outside world behind you and devoting yourself to higher aims.

5. Can anyone take a workshop?

Workshops are open to all students interested in personal development as well as those formally enrolled in Master’s Path Training courses. To discuss which workshops might be best aligned with your goals, please see your Wellness Concierge.

6. Why do students bow at the door to the studio?

Bowing at the door is a sign of respect to the teachings, growth and healing of all who enter the space.

7. How do I book a class?

You can book your class via our *Rasa Yoga* App, the *MindBody* App, or our *Rasa Yoga* website. Booking your class ahead of time is a powerful way to hold space for yourself and let your teacher know of your intention to be in class.

8. How do I check in for class?

Upon arrival, you will be welcomed at the door by a greeter who will sign you in for class.

9. Can I come into class if I’m late?

Absolutely! We understand that the myriad of challenges that might keep one from arriving at the scheduled start time are the very reason we want you in class! Please feel free to take a breath and reverently enter the studio.

10. Can I bring a friend?

We love referrals! Please share your experiences with friends and invite them to make an appointment for their first class and consultation by calling the school at 2821-282-9400. Drop-in rate applies. Please see the Refer-a-Friend cards at the back of this handbook to receive additional bonuses!

11. What do I wear for class?

Please dress in comfortable clothing that allows you to move freely.

12. Do I need a mat?

You will need a yoga mat for class. Mats are available for a rental fee of \$5 which includes a *Josha* wipe. We also carry a variety of mats in the boutique.

13. Where can I talk on my phone?

Please feel free to step outside the school or to the hallway where the restrooms are located. We ask that you silence your phone when entering the school.

14. Where do I put my belongings?

In the Purple Studio, you may stow your belongings in the cubbies found in the back corner of the room. In the Red Studio, please store your belongings along the walls.

15. Can I come to class if I am injured?

Yoga is a healing art and highly therapeutic modality. We absolutely recommend that you continue your practice if injured to be an active participant to your healing. Please speak with your teacher or Wellness Concierge for specific accommodations.

16. Is it ok to wear socks on my mat?

In addition to promoting slipping, socks prevent your teacher from clearly seeing alignment in your feet, therefore socks are not recommended.



Bring a Friend to Class

Current Student: _____

Friend's Name: _____

This card allows a Current Student's Friend to experience the benefits of Yoga with a complimentary class. Coupon must accompany friend. Limit one coupon per friend.

~ Please call 281-282-9400 to schedule your appointment. ~



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Friend's Name: _____

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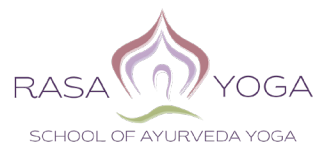
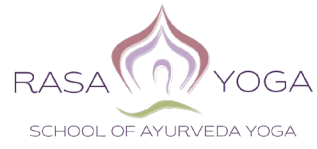
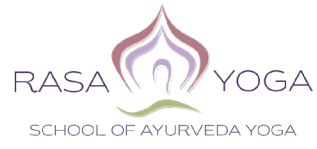
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~ Please call 281-282-9400 to schedule your appointment. ~



School Directory

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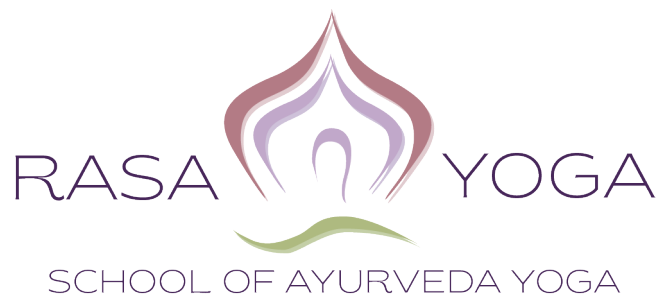
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