

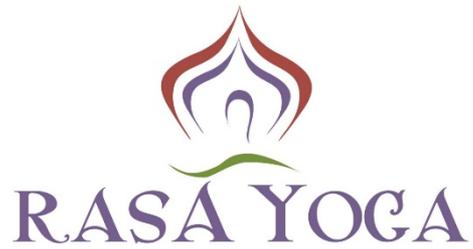
*Master's Path Catalogue*



*Mastery is the art of 'Becoming' – a life-long endeavor.*



*To learn, read.  
To know, write.  
To master, teach.  
~ an Indian proverb*



*A leader in Yoga and Ayurveda training,  
and dedicated to serving humanity,  
Rasa Yoga offers various paths  
to support higher level training.*



*“Rasa Yoga Master’s Path is the higher level training beyond general yoga classes that will enable you to excel in any particular life endeavor, improve your relationships, fulfill your purpose, or become a leader at work.*

*Through training you will learn that leadership is not about a title or position, but rather leadership is directly proportionate to quality of thought and emotional mastery.*

*My prayer for you is that you discover your greatest life possible and feel as though you are thriving and living to your fullest potential.”*

*~Padma Shakti, Founder of Rasa Yoga*



# Virarupa I

*A first step onto  
Master's Path*

वीरूप I

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



Virarupa I includes an ongoing set 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. This exceeds the Yoga Alliance Registry first level training standards and qualifies you for Registered Yoga Teacher (RYT) 200 status.

**Gain**

❖ *strength & stability in all aspects of life.* ❖



*Testimonial*

*“What an awesome faculty, you are Yoga, you live Yoga and I could not imagine a more comprehensive program! Thank you so much for what I have learned... for what I have received, my mind, body and spirit.”*



❖ *Develop your courage and self-leadership.* ❖

# Virarupa I

वीरूप I

Experience all that  
is possible when  
❖ you make Yoga ❖  
and Ayurveda a  
*Lifestyle.*

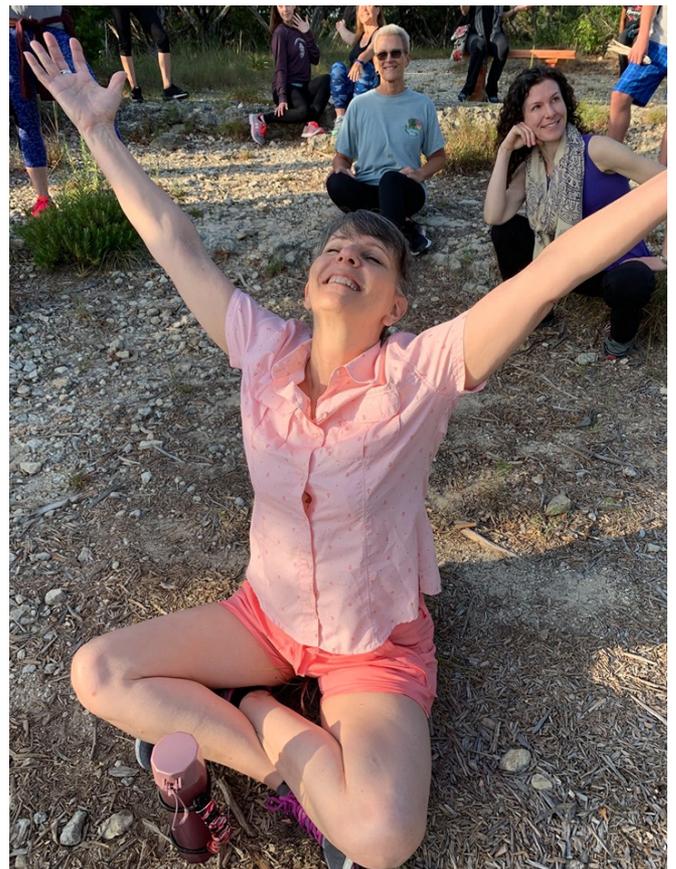


*Is Virarupa I for you?*



Virarupa I is for those who want to:

- Take Yoga and Ayurveda off the Mat and into their lives.
- Gain more courage, strength and stability in all aspects of living.
- Choose to make every moment of life matter.
- Develop leadership qualities at work and in family.
- Improve relationships.
- Heal and gain health physically and emotionally.
- Develop accountability to deepen the benefits of Yoga and Ayurveda.



# Virarupa II

*The next step of  
Master's Path*

वीरूप 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.



## Testimonial

*"Teacher training has allowed me to relate to the world in a more peaceful way."*



**Learn to take Yoga**

❖ **from your mat** ❖  
**to the world, leading**  
**from your heart.**

Virarupa II includes an ongoing set 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 which exceeds the Yoga Alliance Registry second level training standards and qualifies you for RYT 500 status.

**Accountability and**

❖ **self-government** are essential ❖  
**to leadership development.**

**Integrate • Assimilate • Sustain**

# Virarupa II

वीरूप II

Humility ~

❖ Recognizing and  
Understanding the  
need for a Teacher. ❖

*Is Virarupa II for you?*

Virarupa II is for those who want to:

- Advance their leadership qualities in family, life or business.
- Take their healing to the next level.
- Go on to teach teachers, open their own yoga school, or become a therapist.



## Workshop FAQs

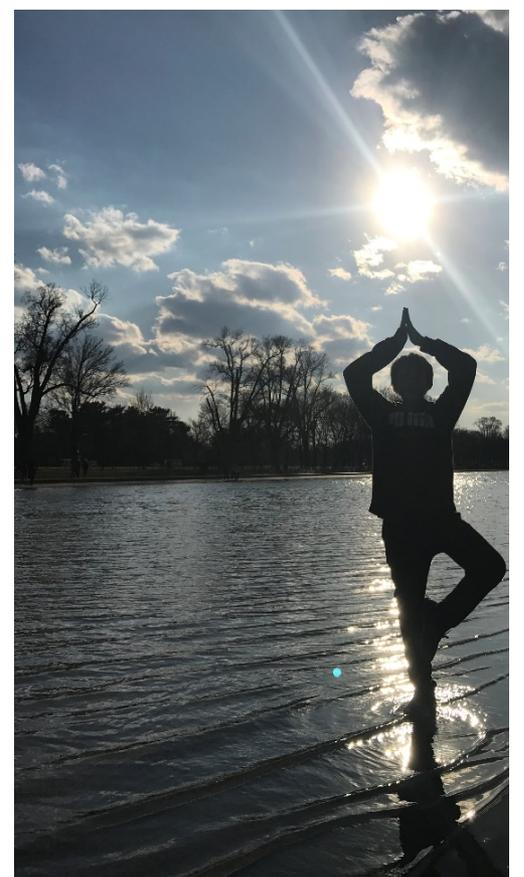


**How do these workshops complement my general classes?**

- 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.

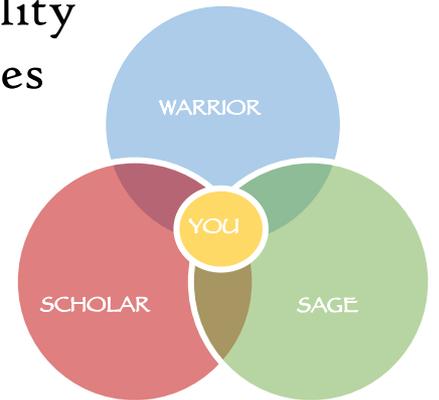


# Acharyarupa

*A bold leap onto  
Master's Path*

# आचार्यरूप

**Acharyarupa** Training is more than 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.



Acharyarupa encompasses the Virarupa I and Virarupa II programs along with Ayurveda Certification Training Kramas I and II. Actual hours of study (contact hours, non-contact hours, and practicum hours) total approximately 1,050. Exceeds the Yoga Alliance Registry training standards and provides the student with a full path from the beginning of study through qualifying you for RYT 500 status.

**Master's Path is  
essentially like pursuing  
❖ an advanced college ❖  
degree... *in Life.***



**Mastery • Wisdom • Healing**

# Guruparampara

*Carrying on the Teachings*

गुरुपरम्परा

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



*“Human Beings are an island of excellence. We are born to excel.”*

*~Panditji,  
Secret of the  
Yoga Sutras*



Guruparampara is for students who are enrolled in or have graduated from Virarupa II or Acharyarupa. Guruparampara includes very individualized continued study and teaching (group, individual, and workshop style) with on-going 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. Upon completion, this training provides opportunity to reach Experienced-RYT (E-RYT) 200 recognition through the Yoga Alliance Registry.



## Testimonial

*“I never thought I could be a Yoga teacher, but I have learned that to teach is to truly understand.”*



# Rasa Yoga TT200

## Quality Teacher Training

**RYTT200** students seek the high quality that a Rasa Yoga education offers. These students have a desire to move through a training program expeditiously in a timeframe that works around a busy schedule.

RYTT200 Program is available online for 2021 through a Yoga Alliance learning provision.



## Testimonial

*“Yoga is a science that can lead you on a journey to improved physical health, mental clarity, and mastery of emotions – and this is truly embodied at Rasa Yoga.”*



*Thrive*



*Passion*



*Purpose*



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

Rasa Yoga is a Teacher Training 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.

# Ayurveda Certifications

**Ayurveda** is a complete system of health balancing mind, body and spirit; empowering you to make conscious choices regarding your life, body, health and happiness.

Rasa Yoga's Ayurveda Certifications are for students seeking to *integrate* and *assimilate* Ayurveda teachings and practice into your life.



## Testimonial

*“Through my training at Rasa Yoga, I am becoming aware of the patterns of my thoughts and my responses. I am strengthening my ability to see these patterns and then make conscious shifts.”*



❖ *Harmonize with Nature and learn the path of true Self-Healing.* ❖



*“What if I am more than I think?  
What if more is possible?  
What if nothing is missing?  
What if I am full and complete as I am?”*  
~ Padma Shakti

**Harmony • Nature • Self-Healing**

# Master's Path Retreats

## Smarana & Rasa Vidya Intensives

## 21-Day Sabbatical



Mastery.



Community.



Train,  
Practice,  
Transform.

*"The divine light in me sees and honors the divine light in you."*



Yoga is found on your personal path.



Beautiful beings.



# Accreditations

Rasa Yoga's

## Yoga Programs

Rasa Yoga is a Registered Yoga School. For more about the Yoga Alliance Registry, visit [www.yogaalliance.org](http://www.yogaalliance.org).



Rasa Yoga's Yoga Programs exceed the Yoga Alliance Registry training standards and qualify teachers to apply for these Registered Yoga Teacher (RYT) designations.

*\*Yoga Alliance Online Learning Extension through 2021.*



Rasa Yoga's

## Yoga Cikitsa (Therapy) Program

Rasa Yoga's Yoga Cikitsa Program is accredited by the International Association of Yoga Therapists (IAYT). For more information about IAYT, visit [www.iayt.org](http://www.iayt.org).



Rasa Yoga's Yoga Cikitsa Program qualifies a student to apply as a Certified IAYT Yoga Therapist or C-IAYT.





## Padma Shakti

(Tracie Brace-Hatton)

E-RYT 500, C-IAYT

Founder & Director of

Rasa Yoga School of Yoga & Ayurveda



Padma Shakti (Tracie Brace-Hatton) is 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 where 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 mostly by Master Jason Campbell, Pandit Rajmani Tigunait & Yogarupa Rod Stryker.



*“The journey to mastering Yoga’s challenging postures enables one to journey through life’s challenges with mastery.”*

**~ Padma Shakti**



# Padma's "Peace" on Yoga Training

I have been teaching Yoga for a long time and practicing with a teacher even longer. I am the next generation of wildly experienced Yoga teachers, fully embodying all aspects of yogini, householder, avid student, entrepreneur, community leader, teacher and lover of life! As I greet many newcomers to yoga, joyfully anticipating receiving the benefits that yoga promises, I find myself wondering "who is the Yoga teacher, anyway?" I wonder, do people really want to learn Yoga or are they looking for yet another way to work OUT instead of working IN?

I offer this Peace from my humble perspective. Please understand, I was around when Yoga wasn't cool and people said things like, "you teach that yogurt" and other attempts at making light hearted conversation with 'clever' Yoga humor.

I have been through people looking at me and gasping at the cost of Yoga training, stating "I can go down the street to (insert local gym) and take Yoga for only a few dollars a month!" They, having no idea the true cost of my PhD in Yoga training or of my fellow Yoga teachers, think we are fitness instructors with some weekend training.

In the United States of America, as the experienced Yoga teacher I find myself pondering yet again, "who is the Yoga teacher, anyway?" Would I walk into a music store asking to learn to play piano and then begin to tell the teacher "I only want to play chopsticks and furthermore, I only want to play what and how I want to play?" Would I ask this of a piano master? I am thinking no, this would not be the case, but maybe so...

Either Americans do not know what it means to be a student or they do not understand what Yoga is and what it actually affords humankind. I am the eternal optimist, a believer in the people and I think we are looking at a mix of both. As Yoga teachers, we are the Steve Jobs of the evolutionary development world. Yoga and Ayurveda are a technology, the training, practice and study of thriving, the science of the mind and truly evolving in the world we call "humanity". We are here to teach people first and foremost what Yoga actually is before anyone will be able to actually begin a true study of Yoga. Most people don't know what they really need from Yoga and how could they, if they have no idea what it consists of?

Compounding the rampant misunderstanding of Yoga and Ayurveda, many Yoga studios, feeling the very real pressure of needing to "just pay the bills" have transformed into glorified gyms. There are true Yoga masters, yogis and yoginis I deeply respect that have found the need to drop into teaching people to work OUT more instead of teaching what is needed most in our world, to work IN. Let me explain why Yoga and Ayurveda exist to transform current patterns of thought, breath, movement and consumption so when a potential student enters a studio, what they want and what they really NEED are generally not the same and even conflicting with their own best interest! And still, most want what they want...are they teachable?



Yoga consists of eight extremely important pillars and these are referred to as the 8 Limbs of Yoga or Ashtanga Yoga (not the brand). This Ashtanga Yoga (again, not the brand) is referred to as Raja Yoga or Yoga for the kingly or royal life. These limbs of Yoga are not meant to function alone but, as spokes on a wheel sustain smooth and effortless progression so Yoga enables one to move smoothly through life. These Eight Limbs are as follows: ethical development with oneself, ethical relationship with others, physical training to take a seated posture, breath practice, sensory consumption reduction, ability to focus, meditation and absolute autonomy leading to present moment Self awareness. Ayurveda is the "what, why, where and when" and Yoga is the "how" of thriving. The most effective Yoga teachers will have training in both Yoga and Ayurveda. Yoga is a profession that offers people a chance at REALLY living the dream, the real and sustainable beautiful reality, but it comes with work.

This now brings me back full circle, "who is the Yoga teacher, anyway?" Rasa Yoga is a true school of Yoga, and we exist to teach Yoga, not what the general population may think Yoga consists of but Yoga. As my teacher has said to me, "if you want it your way, go to Burger King!" We are here to teach what is needed, based on excellent Yoga and Ayurvedic principles. Even if one has a Phd in kinesiology or has studied dance and all of the branded movement trainings still, it's not Yoga and I ask you, "who is the Yoga teacher anyway?" Do you want to learn Yoga or something else? If you want to learn Yoga, I mean really learn and embody Yoga, I am your guy so to speak, we are your guys. Yoga is suitable for everybody, as Yogarupa Rod Stryker has stated, "you can do Yoga from a hospital bed." Anything unlike this is not Yoga, this does not make it wrong, simply put there is Yoga and then there are other disciplines.

In closing, I realize I may not win any popularity contests with readers, but honestly, if you are my student, I would rather the discomfort of pressing limits now so that you may love yourself more later. Truly, it is only that, to know your value and love yourself more, true gratitude for this beautiful life that you have been blessed with & thriving in a way that we all learn the true meaning of life together. I love you...

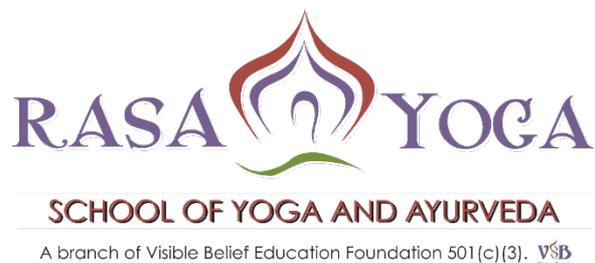
~ Padma



*Gracie Alcocer, Rasa Yoga, Student Advancement Director*

*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.*

*~ Rasa Yoga Mission Statement*



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