



SOMACHI YOGA CENTRE PRESENTS

Energetic Alignment + Hands-on Enhancements With Twee Merrigan

October 5-7, 2007

A Prana Vinyasa Flow Teacher Training + Workshops
For both students and teachers interested in deepening their practice

SCHEDULE

Friday, Oct 5: 1.30-3.30pm
Teacher Trainees only.
3.30-5.00pm + 6.00-9.00pm
Teacher Training.

Saturday, Oct 6: 11.30am-1.30pm
Open Practice to All levels.
2.30-8.00pm Teacher Training

Sunday, Oct 7: 9.00-11.00am
Open Practice to All levels.
12.00-4.00pm Teacher Training

PRICE

\$325 Pre-paid by Monday, Sep 14th.
\$375 Regular Price.
+ \$30 Manual Fee.

LOCATION

Somachi Yoga Centre

Suite 3/66 Greville St Prahran 3181

CERTIFICATION

Energetic Alignment is a 20 hour module created by Shiva Rea as part of the Yoga Alliance registered Prana Vinyasa Flow Yoga 200/500 hour teacher training. Twee Merrigan is an E-YRT 500 Yoga Alliance Certified teacher and Shiva Rea's most Senior teacher trainer.

MORE INFO

Contact Lianne Metcalf
9826 5864 or 0403 217 619
email: somachi@Iprimus.com.au
www.somachi.com.au

TRAINING GOALS

Discovering and Teaching Structural Alignment within the Flow of Prana: This intensive explores the flow of prana (the primary life force) within each yoga asana and the vinyasa krama (stages) of their evolution to adapt to different levels, needs, and functions of your students and within your own yoga practice. We will learn the underlying energetic alignment of yoga postures based upon an integrated understanding of the movements of prana vayus (winds or movements of energy), the relationship of opposite energies in the body, and how to open and strengthen the core structures of embodiment from head-to-toe, from outer physical to inner subtle body.

PLEASE BRING A DIGITAL CAMERA TO THE TRAINING FOR PARTNER EMBODIMENT PROJECT.

ABOUT TWEE

Twee travels and teaches globally as a recognized leader in the teachings of Prana Vinyasa Flow Yoga, an evolutionary edge style of Vinyasa. Her calendar of international adventure + activist yoga retreats, teacher trainings, and workshops evolved from her five-year apprenticeship with world-renowned yoga teacher Shiva Rea (creator of Prana Vinyasa Flow Yoga) and her original New York City-based studies of Hatha, Tantra + Ayurveda.

www.tweeyoga.com



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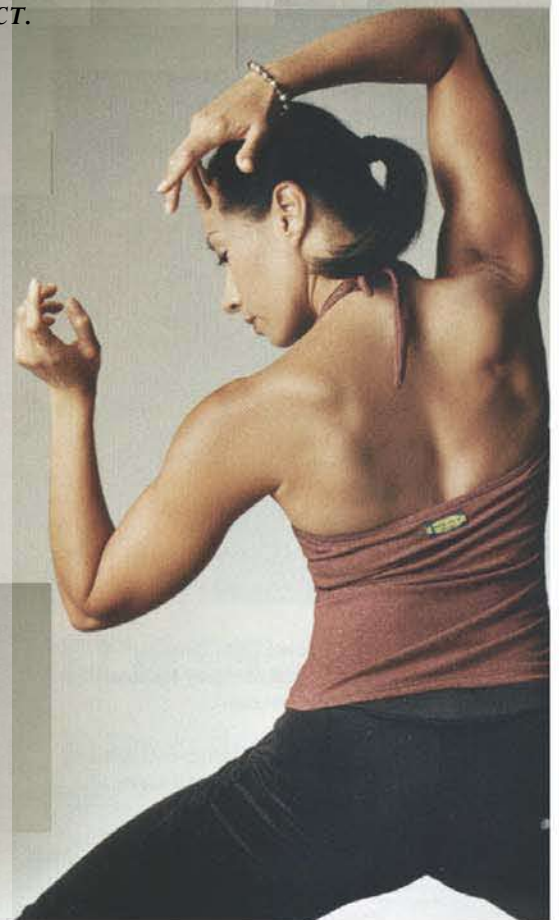


Photo by Shay Peretz.