



SOMACHI YOGA CENTRE PRESENTS

EmPowered Prana Vinyasa Flow Yoga with Twee Merrigan

October 6-7, 2007

SCHEDULE

Saturday, Oct 6
11.30am-1.30pm
(Arm Balancing)

Sunday, Oct 7
9.00-11.00am
(Back Bending + Standing Balancing)

PRICE

\$45 Prepaid on or before Friday,
October 5th
\$60 Price day of class

LOCATION

Somachi Yoga Centre

Suite 3/66 Greville St Prahran 3181

MORE INFO

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

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

DESCRIPTION

Twee's unique teaching style offers individualized variations throughout the practice, empowering students to honor their present physical, emotional, and mental states of being. Students are encouraged to explore the Infinite Intelligence of Prana, to listen to their Inner Teacher, and to respond and move from their own center of Truth. Through this creative process of placing their bodies in a sacred way, body mudras unfold within their sadhanas (sacred practice)...as they no longer "do yoga," but rather they "are yoga."



Photo by David Martinez

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