



PRESENTS

EmPowered Prana Flow Yoga
with Twee Merrigan
Sunday, November 25th

SCHEDULE

Sunday, November 25th
10:30am - 1pm

PRICE

Pre-Registered + Pre-Paid:
\$50 for non-members / \$45 members.
Full Price Day of Event:
\$55 for non-members / \$50 members

LOCATION

LivYoga
25 S. Livingston Ave
Livingston, NJ

MORE INFO

(973) 535-YOGA
www.livyoga.com

ABOUT TWEE

Twee travels and teaches globally as a recognized leader in the teachings of Prana Flow Yoga, an evolutionary edge style of Vinyasa. Her calendar of international adventure + activist yoga retreats, teacher trainings, and workshops evolved from her six-year apprenticeship with world-renowned yoga teacher Shiva Rea (creator of Prana 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."

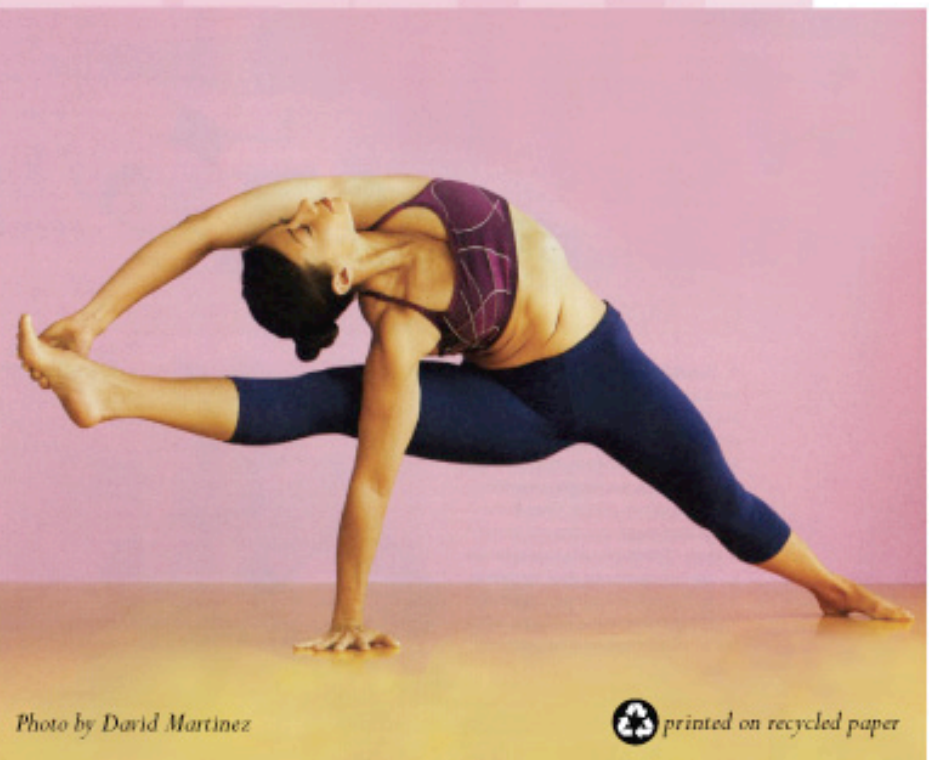



Photo by David Martinez

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