

Experience the evolutionary edge style of Prana Flow Yoga!

Pranic Alignment is open to all levels, to teachers and to adventurous students of the Flow! Learn to recognize and honor the pathways of prana (life force) within your own body mudras (postures) to enhance your individual experience towards stability and ease. This unique hands-on assisting method empowers yogis to find their own sacred alignment inspired by an outer teacher's touch but truly guided by the intelligence of prana united with the teacher within. To learn more about twee, please visit www.tweeyoga.com.

Schedule

10:00-12:00 master class each day
13:30-18:30 teacher training
(ending at 17:30 on sunday)

Pranic Alignment teacher training intensive is one of the modules that is part of Shiva Rea's Teacher Training Program and it is the first time this has been offered in The Netherlands.

This course will give you 20 hour credits towards Shiva Rea's Yoga Alliance registered 200/500 hour Prana Flow Teacher Training Program or 20 continuing education credits (CECs) with Yoga Alliance.

Price

Master Class €30
(€85 for all 3)

Full Workshop €349
(€299 early bird, paid 15/02)

Manual for Teacher Training:
small extra cost

www.yogamoves.nl