



EVOLUTION
YOGA

STUDIOS • BOUTIQUE

sept 12-14, 2008

28601 Chagrin Blvd., Woodmere, Ohio 44122

individual master classes:

\$30 per class early bird by aug 31 | \$40 full price



photos by Joss de Groot

Empowered Prana Flow Yoga Master Classes with Twee Merrigan

"When we realize we are the Ocean, we are no longer afraid of the Waves" ~ Anonymous

Twee's unique teaching style encourages students to explore the infinite intelligence of prana (life energy), to listen to their inner teacher, and to respond and move from their own center of truth. Through this transformative process of placing the body temple in a sacred way, body mudras unfold within our sacred practice, as we no longer do yoga, but rather we are yoga. As students of flow, we know that every action from within has a rippling effect without. By first realizing, then embodying our unique connection to prana, we transform our yoga practice from self-service to selflessly serving others. We become empowered to live as one wave, in respect, and in union with the ocean of waves surrounding us, as one collective consciousness.

Master classes are open to all levels, from adventurous beginners to intermediate and advanced practitioners of flow.



Friday, Sept 12th

9:45 - 11:45am

Standing Balancing
w/Apana Vayu



Saturday, Sept 13th

9:00 - 11:00am

Arm Balancing
w/Samana + Vyana Vayu



Sunday, Sept 14th

10:30am-12:30pm

Heart Opening
w/Prana + Udana Vayu

bio

Twee teaches globally as a recognized teacher and senior trainer of Prana Flow ~ an empowering, transformational, and evolutionary-edge blend of Hatha, Tantra, Ayurveda, + Vinyasa Flow Yoga (created by her teacher, Shiva Rea). She has committed herself to a one year yoga journey along the Soul Connections Tour, teaching yoga activists + adventure retreats, teacher training intensives, and master classes around the world, often traveling to a different country every week! Twee has a unique ability to connect with students of all levels and to connect the students with each other by encouraging them to explore the infinite intelligence of Prana (life force), to really listen to their Inner Teacher, and to respond and move from that center of Truth. For more information about her Soul Connections Tour around the world go to:

www.tweeyoga.com

To register: Evolution Yoga | www.evoyoga.com | (216) 595-YOGA (9642)

Welcome to Evolution Yoga! We are delighted to have you as our guest. The following guidelines have been developed to ensure that every student has a positive and peaceful experience at our studio. Please arrive 15-20 minutes before class to sign in and find your space. Evolution Yoga accepts cash, check, Visa, MasterCard, Amex and Discover. For cancellations at least two weeks prior to the start of the event, you may request a full refund. Refunds will be processed 2-4 weeks after the event date. For cancellations less than two weeks prior to the start of the event, you may request Evolution Yoga credit for your total payment amount minus a \$25 processing fee. EY credit may be used for classes, workshops, special events or retail. For cancellations 24 hours or less before the event, no refunds or credits will be given. Thank you for your cooperation! OM SHANTI

A portion of the proceeds will go to www.kenyaeducationfund.org and Evolution Yoga Scholarship Fund.

