



Saturday, 30 August 2008

11:30 - 1:30pm

Somachi Yoga Centre | Suite 3/66 Greville St Prahran 3181

Master Class: \$40 before 15 Aug | \$50 full price.

ignite! and be free! empowered prana flow yoga with Twee Merrigan

"I am immersed in the flame, the flame of Life. The universal fire flows through me without resistance." ~ Vijnanabhairava Tantra, 29

This afternoon is an exploration of diving into the mystery of the moment, being truly free, and letting go of the limitations of the mind that continue to bind the life within. During this New Moon we will ignite the internal flame, embrace that which we already know as our Realized Self, watch the smoke rise and clear, and remain standing in the ashes of that which no longer serves us! This is an afternoon of conquering fears, doubts, delusion and illusions through playful and focused arm balancing and standing balancing body mudras.

Master Classes are open to all levels, from adventurous beginners to intermediate and advanced practitioners of the Flow.

bio

Twee teaches as a recognized teacher and senior trainer of Prana Flow. She has a unique ability to connect with students of all levels (and to connect 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 info on Twee + her Soul Connections Tour around the world go to

www.tweeyoga.com

To register:

SomaChi Yoga Studio

Lianne 0403217619

www.somachi.com.au

A portion of the proceeds will go to
www.kenyaeducationfund.org
and Save a Dog Scheme



photo by joss de groot