

sunday, march 16, 2008

Arthur Murray Center for Dance, 5 5th Ave (corner of Main St), Bay Shore, NY

1.00-3.30pm | \$30 prepaid by march 1st | \$40 walk in

EmPowered Prana Flow Yoga

with Twee Merrigan



photo by david martinez

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 + advanced explorers of the flow.

bio

Twee travels globally as a recognized teacher and trainer of Prana Flow, an empowering, transformational, and evolutionary-edge style of vinyasa flow yoga. Her calendar of international yoga activist + adventure retreats, teacher trainings, and master classes evolved from her original studies of Hatha, Tantra + Ayurveda and her on-going studies with her teacher, Shiva Rea. She is featured in 4 widely distributed U.S. and Japanese Yoga dvd's and profiled in renowned publications including The New York Times; Women's Health (Yoga Life); Martha Stewart's body+soul; and as Yoga Journal's Dec 07 Cover Model. She is a global citizen after 12 years of residing in New York City and one year in Australia.

www.tweeyoga.com

Hosted by Cher Meli. To register email yogacher@gmail.com or call 646.369.4860.

Please bring own mat + props. A portion of the proceeds will be donated to Surfrider: Central Long Island Chapter.

