

15-17 february 2008

Yoga on Parker | 23 Parker St Newmarket | Brisbane

3 sessions \$135 or \$50 each by January 31 | \$60 after 31 Jan



photos by ken ross

vinyasa flow yoga: **rasa weekend intensive** with **twee merrigan**

this weekend intensive focuses on rasa vinyasa, an empowering prana flow yoga drawing from yogic art and ayurveda (india's knowledge of long life). as "rasikas" – those who drink the juice of life – we explore three rasas: shanti (peace + harmony), vira (strength + potency), and sringara (love + sensuality), to remember our deepest connection to the One that breathes us all. *inspired by rasa vinyasa: the art of yoga, created by shiva rea.*



friday, 15 feb 7.00pm-9.30pm
shanti rasa: a candlelight ritual of meditative deep hip opening + restorative inversions.



saturday, 16 feb 10.00am-12.00pm
vira rasa: an empowered standing + arm balancing mandala flow



sunday, 17 feb 1.00pm-3.30pm
sringara rasa: a heart-opening back bending mandala flow

bio

Twee teaches globally as a recognized teacher and trainer of Samudra Yoga, an empowering and transformational evolutionary-edge style of vinyasa yoga. Her calendar of international adventure + yoga activist retreats, teacher trainings, and master classes evolve from her original studies of Hatha, Tantra + Ayurveda and her continued studies with her teacher Shiva Rea (creator of Samudra Yoga). She recently moved from New York City after 12 years to reside in her new home in Perth, Australia with her partner Peter + their dog Quito.

www.tweeyoga.com



Yen Yoga - Brisbane | YENYOGA.COM | Reservations Call: Sharon, 0413 623 913