

# Rasa Vinyasa Flow Yoga with Twee Merrigan

## Weekend Intensive June 22-24, 2007

*Twee Merrigan returns for her second visit to Dunsborough, offering 3 unique vinyasa flow yoga classes for all levels and "tastes."*

As "rasikas" - those who drink the "juice" of life - we will delve into the cultivation of three rasas - Sringara (love, sensuality), Vira (strength, potency), and Shanti (peace) to cultivate gratitude and to remember the blessings of our lives through our yoga practice. This weekend intensive focuses on "rasa vinyasa" - an approach to prana vinyasa flow yoga drawing from yogic art and Ayurveda (India's art of living) - that connects us to the source of our creativity and living fully in every moment.

As yogis, we gather to renew our deepest connection to our own life's purpose and bring back practical inspiration and tools of mudra, mantra, and asana (postures) to enrich our connection to family, friends, peers, and the overall mystery of our lives.

### **Friday June 22nd**

#### **6.00-8.00pm Sringara Rasa**

Heart Opening + Back Bending Mandala Flow. Level: Adventurous Beginners to Advanced Yogis.

### **Saturday June 23rd**

#### **8.30-10.30am Vira Rasa**

Standing + Arm Balancing Mandala Flow. Level: Adventurous Beginners to Advanced.

### **Sunday June 24th**

#### **3.30-5.30pm Shanti Rasa**

Relax, Rejuvenate + Restore through Body Prayer. Level: Open to all levels, for those interested in a slower movement meditation flow.



### **Location**

Naturaliste Community Center, Dunsborough Lakes Drive  
Dunsborough, WA.

### **Price**

Pre-Paid by Friday, June 21st: \$40/class or \$110/weekend  
Day of Class : \$45/class.

*(Pre-payments are recommended as Twee's first visit did sell out)*

*\*\*Arrive at least 15 minutes early. Please do not eat one hour prior. Yoga mats are provided although it is suggested to bring your own.*

### **To Register**

Call Jackie Clarke at 08 9756 7629.

### **About Twee Merrigan**

Twee travels and teaches globally as a recognized leader in the teachings of Prana Vinyasa Flow, an evolutionary edge style of vinyasa flow yoga. Her full calendar of international adventure yoga retreats, teacher trainings, and workshops evolved from her five-year apprenticeship with world-renowned yoga teacher Shiva Rea (creator of Prana Vinyasa Flow) and her original New York City-based studies of Hatha, Tantra + Ayurveda (India's art of living).

Twee is featured in 4 widely distributed US and Japanese Yoga DVD's (Shiva Rea's Fluid Power, Yoga Trance Dance, Be Yoga Japan's Beginner + Power Series) and has been profiled in renowned publications including The New York Times, Yoga Journal, Women's Health (Yoga Life) and Martha Stewart's body+soul magazine. Her private celebrity clients include actor Will Smith, author Meredith Brokaw and chief executives of New York's top investment banks.

*Keep up to date with all Twee's teaching dates and locations by visiting:*

[www.tweeyoga.com](http://www.tweeyoga.com)