

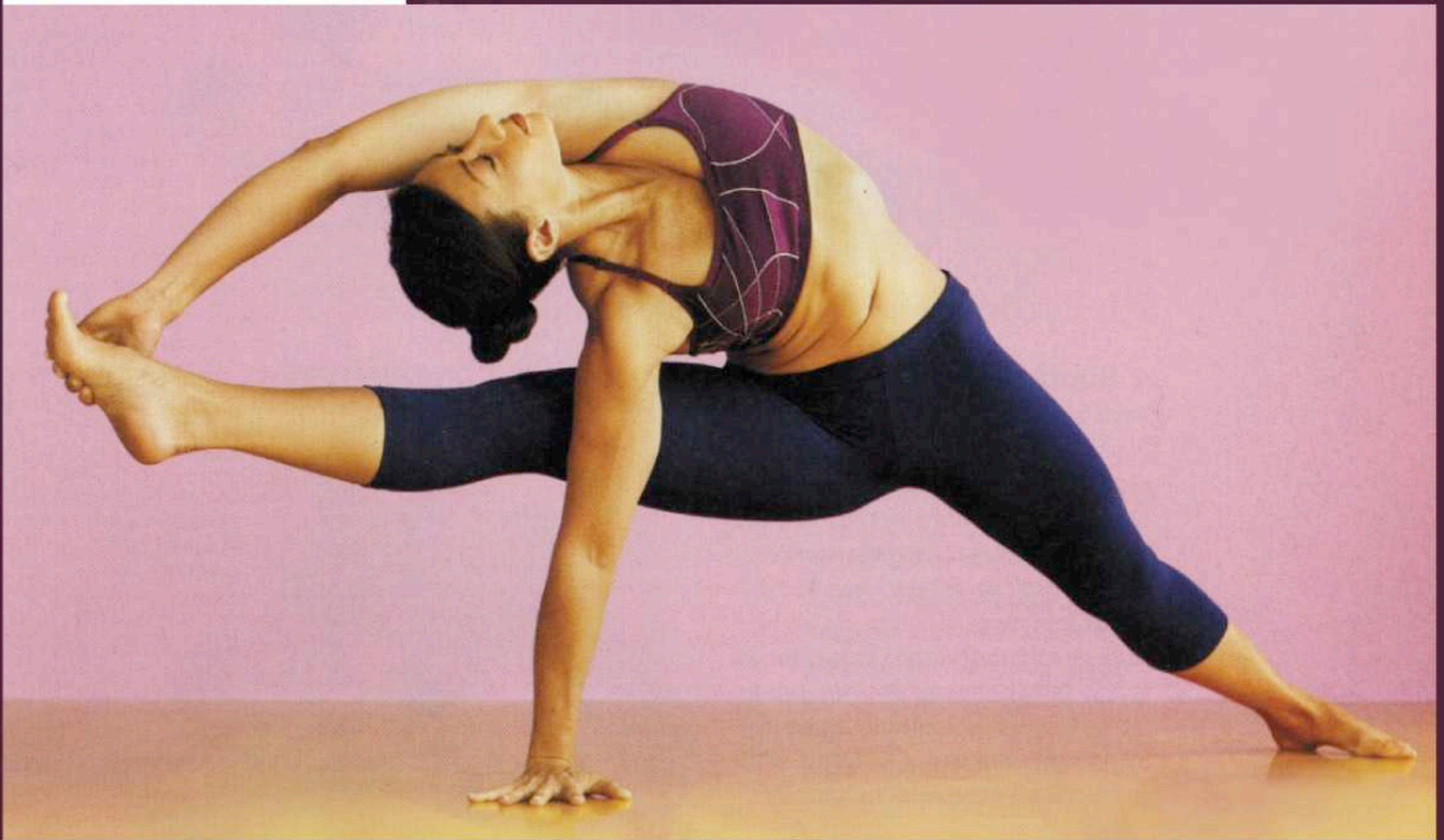
28-31 march, 2008

BML Studio: Level 1, 55 Foveaux Street + Taste: cnr Belmore + Foveaux Sts. (entrance on Belmore) | Surry Hills, Sydney

Part 1: Three 2-hour Master Classes | \$45 per class or \$115 for 3 classes prepaid by 15 March | \$55 per class full price

Part 2: Hands-On Adjustment Teacher Training | \$245 prepaid by 15 march | \$280 full price

Additional \$30 for Teacher Training Manual



photos by david martinez

## Energetic Alignment: Discovering and Teaching Structural Alignment within the Flow of Prana with Twee Merrigan

A Yoga Alliance Registered Prana Flow Teacher Training 20 Hour Module created by Shiva Rea.

NOTE: If you completed the Part One Module (Aug 07) and want to receive a certification of completion for the full 20 Hour Module for Shiva Rea's 200/500 Hour Teacher Training Program, only the 14 Hours Hands-On Adjustment Teacher Intensive is required. The additional 6 Hours of Master Classes are not required.

**This intensive is open to teachers and students interested in deepening their understanding of energetic alignment within their own yoga practice.** Learn the underlying energetic alignment of yoga asanas based upon an integrated understanding of the movements of prana, lines of energy, relationship of opposites in the body and how to open and strengthen the core structures of embodiment from head to toe, skin to subtle body. We will work with the family tree of asanas and see how the alignment of the main asanas from the core energetics which evolve and branch from the primary pattern. We will learn to teach five primary alignment actions in any pose including foot patterns, spiral actions for the legs, position of the pelvis, spinal alignment and support of the neck and to apply those actions towards hands-on assists.

The goal is to have a interrelated understanding of this energetic alignment, actions, functions, and somatic qualities of a base of 108 postures from which to sequence vinyasa combinations with skill, effectiveness, fluency and creativity. We will apply Shiva Rea's three-part vinyasa methodology to the standing poses, backbends, arm balances, core abdominals, forward bends, hip openers, twists and inversions as a base for more complex sequencing. We will also explore Twee's approach to hands-on adjustments vs. hands-on enhancements and when to apply one, the other, or both as a hands-on assist within the pranic evolution of the postures.

**We welcome students outside of the teacher training program to join our Master Classes which are open to all levels from adventurous beginners to intermediate and advanced practitioners of the flow.**



**Friday, March 28 at BodyMindLife Yoga studio**  
6-8pm Vinyasa Flow Master Class  
Apana - Standing Balancing

**Saturday, March 29 at TASTE**  
8-10am Vinyasa Flow Master Class  
Samana - Arm Balancing  
11am-2pm + 3pm-6pm Teacher Training



**Sunday, March 30 at BodyMindLife Yoga studio**  
11am-1pm Vinyasa Flow Master Class  
Vyana - Back Bending + Hip Opening  
1pm-3pm Teacher Training

**Monday, 31 March at TASTE**  
10am-1pm + 2-5pm Teacher Training

For Reservations call 02 9211 4111 or email [Melanie@bodymindlife.com](mailto:Melanie@bodymindlife.com).  
More information at [www.bodymindlife.com](http://www.bodymindlife.com)



A portion of the proceeds will be donated to [www.kenyaeducationfund.org](http://www.kenyaeducationfund.org) and a local charity.

### bio

Twee teaches 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. Her 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 empowering process of placing the body temple in a sacred way, body mudras unfold within the sacred practice. We are no longer doing yoga, but rather we are yoga. Twee is now a global citizen after 12 years of residing in New York City and one year in Australia.

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

