

Open Vinyasa Flow Classes

Mt. Vic. Dojo, Level one, 25 Home Street, Mt. Victoria, Wellington

February 12 - 15, 2009

Single class \$50, four classes \$180



Embodying the flow

Open Yoga classes with Twee Merrigan

Biography

Twee teaches globally as a recognized teacher and senior trainer of Prana Flow ~ an empowering, transformational, and evolutionary-edge blend of Hatha, Tantra, Ayurveda, + Vinyasa Flow Yoga (created by her teacher, Shiva Rea). She has committed herself to a two year yoga journey along the Soul Connections Tour, teaching yoga activists + adventure retreats, teacher training intensives, and master classes around the world, often traveling to a different country every week! Twee has a unique ability to connect with students of all levels and to connect the 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 information about her Soul Connections Tour around the world go to

www.tweeyoga.com

For further enquiries and registration contact Yoga Unlimited, Level One, 80 Tory St., Wellington.
Phone +64-4-384 4329, or email bookings@yogaunlimited.co.nz
www.yogaunlimited.co.nz



Thursday, February 12, 2009

6:00 pm - 8:30 pm
hip opening - apas (water)



Friday, February 13, 2009

6:00 pm - 8:30 pm
arm balancing - agni (fire)



Saturday, February 14, 2009

9:00 am - 11:30 am
heart opening - vayu (air)

Sunday, February 15, 2009

9:00 am - 11:30 am
inversions and meditation -
akasha (ether)



Yoga Unlimited

AT TORY URBAN RETREAT

FINNISH SAUNA • SPA • YOGA STUDIO



KENYA
Education Fund

A portion of the proceeds will go to Kenya Education Fund (www.kenyaeducationfund.org) and Amnesty International (www.amnesty.org)