

28-31 march, 2008



BML Studio: Level 1, 55 Foveaux Street + Taste: cnr Belmore + Foveaux Sts. (entrance on Belmore) | Surry Hills, Sydney
\$45 per class or \$115 for 3 classes prepaid by 15 March | \$55 per class full price



photos by Kishan Shah

EmPowered Vinyasa Flow Yoga Master Classes with Twee Merrigan

"We are all connected by an invisible web we cannot see." - Taxi Driver Wisdom

Twee's unique teaching style encourages students to explore the Infinite Intelligence of Prana, 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 the yoga 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 affect without. By realizing our connection to Prana and the Source, we transform this practice from self-service to serving others through our own sva dharma (life's purpose). Through our sadhana (sacred Yoga practice) we recognize our individual life's purpose as a part of the larger flow of the entire Universe...the Collective Consciousness.

Master classes are open to all levels, from adventurous beginners to intermediate and advanced practitioners of flow.



Friday, 28 March 6-8pm
Apana - Standing Balancing (BML)



Saturday, 29 March 8-10am
Samana - Arm Balancing (Taste)



Sunday, 30 March 11am-1pm
Vyana - Back Bending + Hip Opening (BML)

For Reservations call 02 9211 4111
or email Melanie@bodymindlife.com
More information at www.bodymindlife.com

A portion of the proceeds will be donated to
www.kenyaeducationfund.org and a local charity.

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 Women's Health (Yoga Life) + Martha Stewart's Body+Soul magazines, + 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

