



## TWEE MERRIGAN

Twee is a senior teacher trainer of **Prana Flow ~ an empowering, transformational, and evolutionary-edge blend of Hatha, Tantra, Ayurveda, and Vinyasa Flow Yoga** ~ created by Shiva Rea. During her 3 year yoga tour beginning in Feb 2008 – she has committed herself as a global citizen to living on the road offering yoga activism and adventure retreats, teacher training intensives, and open level classes around the world whilst donating 5% of profits to local charities. Twee's unique ability is to create a supportive space where students of all levels are encouraged to connect with each other, explore the infinite intelligence of Prana (life-force), listen to their Inner Teacher, and move from that center of Truth. Twee is featured in DVDs by Shiva Rea and Be Yoga, Japan.

For more information on her "Spiritual Globalisation Tour", featured articles, or where to find her along her journeys, go to [www.tweeyoga.com](http://www.tweeyoga.com).

# PRANA FLOW WEEKEND

with Twee Merrigan

Saturday 12/06 & Sunday 13/06

## What is Prana Flow Yoga?

Prana flow is an energetic, creative, full-spectrum approach to embodying the flow of yoga cultivated by Shiva Rea and the global vinyasa collective of teachers. Students of all levels are empowered to experience prana - the universal source of breath, life-energy and conscious intelligence - as the navigating source of yoga practice and vital living. Practitioners learn classical and innovative approaches to Vinyasa yoga and the state of flow drawn from Krishnamacharya's teachings, tantra, ayurveda, bhakti, somatics and shiva's teaching experience from the last fifteen years.

Excerpted from [www.shivarea.com](http://www.shivarea.com)

## SCHEDULE

**Session 1: Saturday 14.00 - 17.00**

**840,000 Posture-bilities, A Multidimensional Mandala Flow**

Yoga Experience, Embrace a dynamic vinyasa flow practice honoring both the form + alignment within hatha yogas traditional roots merged with the fluidity of the evolutionary possibilities of life expressed within each moment.

**Session 2: Sunday 9.30 - 12.30**

**Rock on Hanuman | One Giant Leap into Handstands + Splits**

Be guided on a yogic adventure infused with mystical story telling, thought provoking visualisations, rajasic pranayama, and monkey inspired play, as we swing on the vines of handstands and splits

**Session 3: Sunday 14.00 - 17.00**

**Harness the F.E.A.R. | Create A Limitless Reality of Dreams Manifested**

This balancing asana practice reminds us to harness the energy behind the fear, channel it towards the infinite possibilities of the present moment to create a life of dreams manifested.

**Time:** 9.30-12.30 and 14.00-17.00

**Address:** AntwerpYoga, Frankrijklei 107, 2000 Antwerp

**Registration:** [info@antwerpyoga.be](mailto:info@antwerpyoga.be)

**Payment:** Dexia Antwerpen 063-3991221-94,  
IBAN: BE87 0633 9912 2194, BIC: GKCCBEBB

**Price:** 1 session: 45 euro (with opleidingscheques: 22,5 euro)  
2 sessions: 70 euro (with opleidingscheques: 35 euro)  
3 sessions: 105 euro (with opleidingscheques: 52,5 euro)  
order opleidingscheques at: [www.vdab.be](http://www.vdab.be)

**Bring:** yogamat, lunch and more outfits

[WWW.ANTWERPYOGA.BE](http://WWW.ANTWERPYOGA.BE)