



Desa Seni presents

## Prana Flow® Immersion + Teacher Training Retreats with Twee In Canggu, Bali

13-19 March, 2011 | Tending the Sacred Fire – Living Yoga Sadhana

30 July-14 August, 2011 | Bali Immersion Part 1 | 100hr Teacher Training Program |  
Embodying The Flow + Essential Tools for Teaching Flow

12-27 November, 2011 | Bali Immersion Part 2 | 100hr Teacher Training Program | Fluid Power  
+ Chakra Vinyasa

A note from Twee:

Bali is my home away from home. After traveling and teaching yoga and living nomadically around the world for the last three years, I can undoubtedly say that Bali is one of those magical destinations on the planet that I call home. And for sure the best place (for me, a “surf yogi”) to deepen my yoga practice and be in the Flow of the magic of life. And Desa Seni... it is the only place that I stay when I am there. And now I am honored to invite you to join me “at home,” to dive deeply into a week (or two) of Prana Flow® immersions and teacher trainings one or three times this year!

Why Bali? It's pure magic! For sure, it's one of the energetic centers of our planet. Bali has a population recorded at almost 4million (in 2010), and the island is home to most of Indonesia's small Hindu minority, with nearly 93% of it's population adhering to Balinese Hinduism (closely reflecting Indian Hinduism). It is also the largest tourist destination in the country and is renowned for its highly developed arts, including dance, sculpture, painting, metalworking, and music. Two other things I love about Bali? The surf (of course) and the unlimited rituals and ceremonies to a higher Source throughout the day...reminds me that every day is a living prayer.

Why Desa Seni? The friendliest staff on the island, organic gardens and gourmet meals, a salt water pool, exceptionally comfortable beds with cotton mosquito nets, traditional Javanese homes decorated exquisitely by the founders (and friends and yogis) Tom + Howard who hand-picked every antique piece in each unique home. They oversee every brilliant detail that makes this “artist village” such a magical eco-friendly haven. There's more!... natural toiletries including shampoo, conditioner, soap, mosquito repellent, and lavender mist are provided, along with unlimited water from large bottled water jugs in every room, fresh juices served with bamboo straws, meals served with linen napkins, every home has free wifi (even at the pool, café, and restaurant...but don't think of working too much) access to unlimited and diverse styles of yoga classes to enjoy in addition to our morning classes taught by resident teachers, and one of the most gorgeous open-air yoga studios...in the world!

I have to warn you that you might not leave this village resort for the first few days (whether you stay at Desa Seni or come from another venue and enjoy the resort between classes and trainings)...but if you choose to, the staff will help you to arrange transport, money exchange, day trips to ubud (cultural center of bali), shopping, dining out, a visit to the local orphanage that Desa Seni supports, surf lessons, stand up paddle lessons, drumming circle, and so many more cultural experiences then I cannot even begin to list here. I've stayed in many resorts in my multiple trips to Bali...but once I discovered Desa Seni, I knew, without a doubt, I was home.



And if you are joining us in March, please ask the Desa Seni staff about the discounted ticket prices for the BaliSpirit Festival where I will return for the second year to offer classes and enjoy live musical performances from talent around the planet. On March 20<sup>th</sup>, I strongly encourage you to support Desa Seni's first annual Yogathon, supporting local charities, as a closing of our week together and as a transition towards the festival in Ubud.

Join me "at home." Bali awaits your arrival. Close your eyes. Imagine it's possible. Ask for the means. And we will see you soon. That's how it happens in Bali...if you let go and let Goddess....magic appears around every corner.

---

**13-19 March, 2011**

## **Tending the Sacred Fire – Living Yoga Sadhana**

### **Description:**

Within Tantra, Ayurveda, and Krishnamacharya's teachings of vinyasa, we thrive when we find the form of yoga practice that fuels, nourishes, and illumines what is needed to evolve our life. How do you practice when you are experiencing natural human emotions such as feeling stuck, overwhelmed, stressed, shut-down, bored, lethargic, mechanical, tense, etc., that inhibit the flow of yoga. All of these practical realities of adult life center around the metaphor of "tending the fire."

Based on Shiva Rea's innovative 30-day Living Yoga Sadhana program, this immersion retreat will explore Four Paths of Practice: Bhakti (the power of love and devotion), Vira (awakening the fire of one's potential), Shakti (unleashing the creative power), and Shanti Sadhana (living peace) as ways of cultivating our inner light.

### **Required Reading & Materials:**

- \* Read "The Direct Path: Creating a Personal Journey to the Divine Using the World's Spiritual Traditions" by Andrew Harvey
- \* View and become familiar with Shiva Rea's DVD "Daily Energy - Vinyasa Flow Yoga"

### **Investment for Accommodations, Meals, Immersion (6 Classes) + Teacher Training.**

Please find here all the different price options for this event. We have done our best to make these two programs: the Immersion and the teacher training, accessible to everyone. It is for this reason that we have offered 2 different accommodation venues, different types of accommodations, and different class options as well. Please let us know simply by stating Option 1B, for example, if you choose to do the Immersion classes only, while staying at Desa Seni, as a Twin share. Or, for instance, Option 2C if you wish to stay at Legong Keraton as a single, and take part in the full Teacher Training. We invite you to choose whatever option suits you best.

### **Option 1:**

Come join us for 6 night's luxury accommodations at [Desa Seni, A Village Resort](#)

**Including:** 3 dinners, 6 brunches, airport transfers, daily gourmet breakfast, unlimited drinking water, complimentary access to any of our regularly scheduled yoga classes, fresh fruit basket daily, room snacks, daily newspaper, free wireless internet, in room coffee and tea, all taxes and service charges, and use of all our services and amenities. All inclusive!

### **Total Investment for a Single, Twin, or Triple (Accommodation + Meal Package and Immersion Retreat, 6 Classes)**

- A. Single: us\$1,500 (us\$1230 and \$270)
- B. Twin: us\$1,100 (us\$830+us\$270)
- C. Triple: us\$850 (us\$580+us\$270)



**Total Investment for a Single Twin, or Triple (Accommodation + Meal Package and Immersion Retreat with Teacher Training, 6 classes & teacher training)**

- D. Single: us\$1,770 (us\$1,230 and us\$540)
- E. Twin: us\$1,370 (us\$830 and us\$540)
- F. Triple: us\$1,120 (us\$580 and us\$540)

**Option 2:**

Come join us for 6 night's accommodation at [Legong Keraton Hotel](#)

**Including:** 3 dinners, 6 brunches at Desa Seni A Village Resort, daily shuttles from Legong Keraton to Desa Seni for Classes and meals, all taxes and services. Optional airport transfers are available for us\$10 each way.

**Total Investment for Single or Twin (Accommodation + Meal Package and Immersion Retreat, 6 Classes)**

- A. Single: us\$1,000 (us\$730 and us\$270)
- B. Twin: us\$800 (us\$530 and us\$270)

**Total Investment for Single or Twin (Accommodation + Meal Package and Immersion Retreat with Teacher Training, 6 classes & teacher training)**

- C. Single: us\$1,270 (us\$730 and us\$540)
- D. Twin: us\$1,070 (us\$530 and us\$540)

\*\* Optional Surfing, Stand Up Paddling, Cultural Exploration + BaliSpirit Yoga + Music Festival (March 23-27, 2011) packages offered

---

**Schedule:**

Sunday, March 14<sup>th</sup>, check in, class will be at 6:00 pm with orientation

Monday, Wednesday and Friday yoga class at 7 am till 10

Tuesday and Thursday yoga class at 2pm till 5pm

Monday, Wednesday and Friday, lecture 12 pm till 3

3:00 till 3:30 break and snack served

3:30 till 5:30 pm teacher training

Tuesday there will be a drum circle at 7:30 pm

Thursday there will be an organized dinner out with optional sunset cocktails/mocktails

Saturday March 19<sup>th</sup>: Yoga thon from 8 am till 8 pm

(voluntary participation throughout the day)

Breakfast served every day from 10:30 am till 12:00

Dinner will be served on Sunday, March 14<sup>th</sup>, at 7:30 pm and all other nights at 6:00 pm



\* Schedule subject to change, but not likely. Intention is to stay in the natural arising of the moment as a steady yet spontaneous Flow for the collective, recognizing both form and fluidity.

- 
- Immersions serve students wanting to dive more deeply into their practice and into the Flow. Classes Only.
  - Twee is a senior trainer for Shiva Rea. All teacher training modules taught by Twee are applied towards Shiva Rea's Yoga Alliance accredited Prana Flow® Teacher Training Program. Trainings include classes.
  - **Cancellation Policy.** We require a 50% payment of the option you choose, in order to fully secure the booking and the remaining full payment 30 days before the start of this event. Cancellations made more than 60 days before the start of the event will be entitled to a full refund, less us\$50 administration fees. Cancellations made from 30-60 days from the start of the event will incur a cancellation charge of 50%, less us\$50 administration fees. Cancellations made less than 30 days from the start of the event will incur a charge of 75%, less us\$50 administration fees. We highly suggest you purchase traveler's insurance to support your investment, as our cancellation policy includes any emergency situations and acts of God that might arise.

---

**30 July-14 August, 2011**

## **Bali Immersion Part 1 | 100hr Teacher Training Program | Embodying The Flow + Essential Tools for Teaching Flow**

### Embodying the Flow

#### **Description:**

Embodying the Flow is open to intermediate students and aspiring teachers to experience the essential teachings of vinyasa - much more than a technique or style of yoga. This weekend is a paradigm-shift into experiencing the currents of prana as the underlying moving intelligence guiding the flow of our body, practice and life.

#### **You will learn:**

- \* Universal Vinyasa - the cycles, sequences and patterns of nature
- \* Introduction to the Tantric Embodiment and the five movements of prana underlying all of the asanas and movements of nature.
- \* Learn Shiva Rea's innovative "Wave Sequencing™" methodology and apply it to teaching.
- \* Learning energetic alignment and hands-on assist for 14 core asanas of sun salutations
- \* Learning classical namaskars and Shiva Rea's innovative dancing warrior and rhythmic vinyasa sequences that are practiced around the world
- \* Solar and Lunar Practices - Learning class sequences to creatively adapt to all levels and energetic states.

#### **Required Reading & Materials:**

- \* View and become familiar with Shiva Rea's DVD "Yoga Shakti" - understand and know how to teach all of the Namaskars and write a teaching script for each one.
  - \* [Read Shiva Rea's Thesis \(download below\) | see attached](#)
  - \* Read: "The Heart of Yoga" by TKV Desikachar
-



## Essential Tools for Teaching Flow: Energetic Alignment, Hands-on Assists, + Vinyasa Krama Sequences for 108 Asanas

### **Description:**

Learn the 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.

\* 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.

\* Learn to teach five primary alignment actions in any pose including foot patterns, spiral actions of the legs, position of the pelvis, spinal alignment and support of the neck.

\* Acquire an 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.

\* Applying Shiva Rea's three-part vinyasa methodology to the standing poses, backbends, arm balances, core abdominals, forward bends and hip openers, twists and inversions as a base for more complex sequencing.

### **Required Reading & Materials:**

\* Read and bring "Scientific Keys Volume I: The Key Muscles of Hatha Yoga" by Ray Long

\* Read: Articles on Yoga Injuries (download below)

[Articles on Yoga Injuries Articles on Yoga Injuries \(939 KB\) | see attached....](#)

---

12-27 November, 2011

## **Bali Immersion Part 2 | 100hr Teacher Training Program | Fluid Power + Chakra Vinyasa**

### **Fluid Power I**

#### **Description:**

Calling all those adventurers willing to dive into the flow and integrate a liberating, philosophically and physiologically grounded approach to fluid movement and flow into their practice and teaching.

Morning practices are fertile, creative explorations that catalyze afternoon and evening interactive practicums and discussions.

#### **There will be a focus on:**

- \* Development of class openings and mini-vinyasas for beginning and mixed-level classes that cultivate wave motion and fluid body
- \* Experience and learn Prana Flow® sequences for developing your own effective and creative flows for teaching
- \* Integration of mantra, pranayama, chanting and music to release the vibratory song of the body
- \* Understanding of the fluid/pranic body for balancing and healing the stresses of life in the twenty-first century
- \* Accessible exploration of yogic philosophy through the celebrated tantric texts, Vijnana Bhairava Tantra and Spanda Karikas, as well as poetry to deepen the living connection to prana-shakti, life force
- \* Micro-meditations to stay connected to the flow while living yoga

Come learn Shiva Rea's fluid, dynamic approaches to yoga, movement, and healing and participate in the creative quantum intelligence that guides our evolution from within as a natural path to freedom.



### **Required Reading & Materials:**

- \* Read "The Subtle Body: An Encyclopedia of Your Energetic Anatomy" by Cyndi Dale
- \* View and become familiar with Shiva Rea's DVD "Fluid Power - Vinyasa Flow Yoga" - understand and know how to teach all of the Namaskars and write a teaching script for each one.

### **Chakra Vinyasa: Liberating The Body Mandala**

#### **Description:**

Experience an integrative approach to the chakra system within vinyasa and the flow of life. Through this practical and inspirational exploration of the chakra system and yogic body, we will develop an transformative approach to the body mandala - - the divine container of our interconnectedness within our Self, experiences, relationships and nature. The week will be devoted to traditional practices, innovative explorations, inward reflection, dynamic morning vinyasa sadhana and integrating specific and creative tools for transformative teaching and living of yoga.

Creative morning practices will give experiential grounding to the afternoon sessions, which will focus on:

- \* Five essential elemental-chakra based Prana Flow® sequences that integrate an energetic approach to asana, pranayama, mudra, chanting and movement meditation.
- \* Learning to teach four sun salutations or namaskars dedicated to the elements-chakras to integrate into your teaching.
- \* Theory and application for awakening the yogic body of the marma (108 vital energy points in the body); the nadis (energy channels), the seven primary chakras; the five elements; and the movements of prana. Essential marma points for self-massage and activation during asana practice

### **Required Reading & Materials:**

- \* Read "Chakras: Energy Centers of Transformation" by Harish Johari
- \* View and become familiar with Shiva Rea's DVD "Daily Energy Flow" - understand and know how to teach all of the Namaskars and write a teaching script for each one.
- \* Read "The Subtle Body: An Encyclopedia of Your Energetic Anatomy" by Cyndi Dale

### **Suggested Reading & Materials:**

- \* Read "The Radiance Sutras" by Lorin Roche
- \* Read "The Atlas of Mind, Body and Spirit" by Paul Hougham