Vinyasa

Full Moon Prana Flow
with Twee Merrigan

March 22, 2008
Saturday, 2:00-4:00pm

Location
Downtown Studio

Price
$40 in advance
$50 @ door

Celebrate a time when the moon's energy is strongest and full of magical powers! A sadhana (sacred practice) invokes abundance, ripeness, and completeness within ourselves, our community, and our world. When the moon's illuminated side is facing the earth and reflecting the maximum light of the sun upon us, this causes an expansive, upward moving force that make us feel energetic and emotional. With the fusion of ecclectic music grooves, pranayama, chandra namaskar, grounding hip + heart opening postures, + mudra meditation, we will honor and balance this force of fertility, shining with the full power of feminine secrets and mysteries!

Twee Merrigan

Twee teaches globally as a recognized leader of Prana Flow Yoga, an evolutionary-edge style of Vinyasa. Her calendar of international adventure + yoga activist retreats, teacher trainings, and workshops evolves from her continued six-year apprenticeship with world-renowned yoga teacher Shiva Rea (creator of Prana Flow Yoga) and her original New York City-based studies of Hatha, Tantra + Ayurveda. Twee is featured in 4 widely distributed U.S. and Japanese Yoga dvd's (Shiva Rea's *Fluid Power*, *Yoga Trance Dance*, *Be Yoga Japan's Beginner + Power Series*). www.tweeyoga.com

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