

ASANA IN FOCUS



EXPLORE

Rasa Vinyasa Weekend Intensive



Twee Merrigan

November 30th- December 2nd

Friday, Nov 30, 7.30 pm-9.30 pm:

Shanti Rasa: Peace + Harmony:
Hip Opening + Standing Balancing

Saturday, Dec 1, 12.30 pm-2.30 pm:

Vira Rasa: Strength + Potency: Arm Balancing

Sunday, Dec 2, 10.00 am-12.00 pm:

Sringara Rasa: Love + Sensuality:
Back Bending + Heart Opening

Downtown Studio

\$120 for series in advance

\$45 individual in advance

\$50 at the door

This weekend intensive focuses on "rasa vinyasa*" – an approach to Prana Flow yoga drawing from yogic art and Ayurveda (India's art of being).

As "rasikas" - those who drink the "juice" of life – we will delve into the cultivation of three rasas to re-connect to the source of our creativity and to enrich our connection to the overall mystery of our lives.

*Inspired by Shiva Rea's Rasa Vinyasa Teacher Training Module.

Continuing education workshop credit available.

Twee Merrigan

Twee Merrigan 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

Workshop policy applies. Please see web site for details.



138 5th Ave (b/w 18th & 19th) (subway: N, R, Q, W, 4, 5, 6 to Union Square) 212.647.9642 yogaworks.com