

saturday, november 17

980 madison avenue

2:30pm-4:30pm | \$45 by October 31st; \$50 after October 31

# empowered prana flow yoga

WITH TWEE MERRIGAN



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 (asanas) unfold within their sadhanas (sacred practice)...as they no longer "do yoga," but rather they "are yoga."

As students of flow, we know that every action from within has a rippling effect with our outer world. 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 we recognize of our individual life's purpose as a part of the larger flow of the entire Universe....the Collective Consciousness.

**BIO**  
Twee travels from her home in Western Australia teaching 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 evolved 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) and has been profiled in renowned publications including The New York Times; Yoga Journal; Women's Health (Yoga Life) and Martha Stewart's body+soul magazines. She is the cover Yogini on Yoga Journal's December 07 issue.

**exhale**<sup>®</sup>  
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