



with Twee Merrigan

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Energetic Alignment with Hands-on Enhancements. Teacher Training Intensive: Module 1.

monday august 20, 2007, 10am - 4pm

Energetic Alignment with Hands-on Enhancements. Teacher Training Intensive Module 1.

As teachers we often assist students into postures by adjusting them, where most of the energy is coming from the outside. With hands-on enhancements, the energy comes from within...the student is empowered by your guidance to where prana is excessive or deficient. From that knowing they can enhance their own posture with the guidance from their inner teacher.

This workshop explores the flow of prana (life force) within each yoga asana and the vinyasa krama (stages) of the student's evolution to adapt to different levels and needs. You will learn the underlying energetic alignment of yoga postures based upon an integrated understanding of the movements of prana vayus (winds or movements of energy), the relationship of opposing energies in the body, and how to open and strengthen the core structures of embodiment from head-to-toe, from outer physical to inner subtle body.

Module 1 is one of a two-part teacher training intensive, and includes surya namaskar, standing postures, arm balancing, and inversions.

This training is for both students preparing to teach and experienced teachers.

Price: \$120 (Pre-paid by Monday Aug 13th), \$135 Regular Price.

Location: BodyMindLife Yoga Studio 2 - Above "Taste Bakery" cnr Belmore & Foveaux Streets, Surry Hills NSW 2010

Bookings and enquiries: to Melanie on 9211 4111 or Melanie@bodymindlife.com, www.bodymindlife.com

PLEASE BRING A DIGITAL CAMERA TO THE WORKSHOP.

About Twee: Twee travels and teaches globally as a recognized leader in the teachings of Vinyasa Flow Yoga. Her calendar of international adventure yoga retreats, teacher trainings, and workshops evolved from her five-year apprenticeship with world-renowned yoga teacher Shiva Rea, and her original New York City-based studies of Hatha, Tantra + Ayurveda.

Twee is featured in 4 widely distributed US 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* magazine.

Keep up to date with all Twee's teaching events and locations by visiting the Twee Yoga website.

www.tweeyoga.com

