

thursday – saturday,
november 15 – 18

980 MADISON AVENUE, STUDIO 3
\$320 OR \$280 IF PRE-PAID PRE-REGISTERED BY OCTOBER 31ST

energetic alignment: discovering + teaching structural alignment within the flow of prana

*a yoga alliance registered prana flow teacher training
20 hour module created by shiva rea*

WITH TWEE MERRIGAN

THURSDAY, FRIDAY, + SUNDAY, NOVEMBER 15, 16, + 18:
12:00PM – 1:30PM: YOGA SADHANA; 1:30PM – 4:00PM
HANDS-ON ADJUSTMENTS + ENHANCEMENTS (*studio 3*)

SATURDAY, NOV 17 ONLY:
12:00PM – 2:00PM: HANDS-ON ADJUSTMENTS + ENHANCEMENTS (*studio 3*)
2.30PM – 4:30PM: YOGA ROOM (MASTER CLASS OPEN TO PUBLIC)

Learn the underlying 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. We will 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. We will learn to teach five primary alignment actions in any pose including foot patterns, spiral actions for the legs, position of the pelvis, spinal alignment and support of the neck.

The goal is to have a 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. We will apply Shiva'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.

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.