



# Rasa Vinyasa Flow Yoga Weekend Intensive

with Twee Merrigan

friday, august 17 - sunday, august 19, 2007

## Rasa Vinyasa Flow Yoga Weekend Intensive with Twee Merrigan

This weekend intensive focuses on “rasa vinyasa” - an approach to vinyasa flow yoga drawing from yogic art and Ayurveda (India’s art of living) - that connects us to the source of our creativity and living fully in every moment.

As “rasikas” - those who drink the “juice” of life - we will delve into the cultivation of three Rasas - Shanti (peace + harmony), Vira (strength + potency), and Sringara (love + sensuality), to cultivate gratitude and to remember the blessings of our lives through our yoga practice.

Ayurveda is a system that helps maintain health in a person by using the inherent principles of nature to bring the individual back into equilibrium with their true self. This workshop includes a self-administered dosha test, a brief introduction of Ayurveda, guidance on foods and healthy lifestyle choices specific to balancing your dosha (constitutional make-up), followed by an empowered Vinyasa Flow yoga practice of balancing postures, breathing techniques, mudras, meditation, and chanting. By understanding how to apply Ayurveda to your yoga practice and your everyday living, you will move more closely towards your natural state of health, happiness and an inner sense of well-being. *For more information about Ayurveda go to [www.ayur.com](http://www.ayur.com)*



**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](http://www.tweeyoga.com)



### Shanti Rasa: A Candlelight Ritual of Meditative Deep Hip Opening + Restorative Inversions.

Friday Aug 17th 7.30pm-9.30pm @ BodyMindLife Studio 1



### Vira Rasa: An EmPowered Standing + Arm Balancing Mandala Flow

Saturday, Aug 18th 9.00am-11.00am @ BodyMindLife Studio 2



### Get Your Dosha Groove On: An Introduction to Ayurveda + Balancing Vinyasa Flow

Saturday, Aug 18th 12.30pm-3.00pm @ BodyMindLife Studio 1



### Sringara Rasa: A Heart-opening Back Bending Mandala Flow

Sunday, Aug 19th 1.00pm-3.00pm @ BodyMindLife Studio 1

**Price:** \$45 per class or \$160 for all 4 sessions (Pre-paid), \$55 per class on the day

**Location:** BodyMindLife Yoga

**Studio 1:** Level 1, 55 Foveaux St, Surry Hills NSW 2010 Australia

**Studio 2:** Across street above “Taste”, cnr Foveaux & Belmore Sts (entrance on Belmore St)

**Booking and enquiries:** Melanie, 02 9211 4111, [E melanie@bodymindlife.com](mailto:melanie@bodymindlife.com)