

Kirtan & Yoga TranceDance

with Nicole Goodwin,
Twee Merrigan +
Beau Bruderlin



saturday, august 18. 7pm - 9pm

[Kirtan + Yoga Trance Dance - with Nicole Goodwin, Twee Merrigan + Beau Bruderlin](#)

Yoga Trance Dance is an exploration of the eternal flow of natural movement through yoga. Beginning with sahaja prana yoga or the experience of prana initiating yogasanas, yoga trance dance flows into an exploration of free-form, breath driven movement to liberate one's creative life-force and cultivate embodied freedom.

"Dance, when you're broken open. Dance, when you're perfectly free."
~ Rumi

Time:

7.00pm-8.00pm: Kirtan and music with Beau Bruderlin and In Rhythm
8.00pm-9.00pm: Yoga Trance Dance with Nicole Goodwin + Twee Merrigan

Date: Saturday 18th August 2007

Price: \$25. A portion of the proceeds will be donated to Surfrider Foundation Australia, a not-for-profit organization dedicated to the protection and enjoyment of the ocean, waves and beaches for everyone.
www.surfrider.org.au

Location: BodyMindLife Yoga
Level 1, 55 Foveaux Street
Surry Hills NSW 2010

Booking and Enquiries: [Melanie P 02 9211 4111 E melanie@bodymindlife.com](mailto:melanie@bodymindlife.com)
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This event is proudly supported by:

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[Twee Yoga www.tweeyoga.com](http://www.tweeyoga.com)
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