

21-24 february 2008

Anahata Yoga Temple, Eumundi + Maroochy Sailing Club Hall, Chambers Island | Sunshine Coast  
Master Classes - \$45 reserved + pre-paid by 31 Jan | \$55 walk in



photos by Kishan Shah

## EmPowered Vinyasa Flow Yoga Master Classes with Twee Merrigan

*"We are all connected by an invisible web that we cannot see." - Taxi Cab Wisdom*

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 unfold within the yoga practice...as we no longer "do Yoga" but rather we "are Yoga."

As students of flow, we know that every action from within has a rippling affect with "out." 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* (sacred Yoga practice) we recognize our individual life's purpose as a part of the larger flow of the entire Universe...the Collective Consciousness. "We all are connected by an invisible web that we cannot see."

Master Classes are open to all levels: from adventurous beginners to intermediate/advanced practitioners of Flow.



**Thu, 21 Feb 6.00pm - 8.00pm**

Anahata Yoga Temple  
186 Memorial Drive, Eumundi  
[www.soulsongyogawear.com.au](http://www.soulsongyogawear.com.au)  
Reserve with Donna 0754 428 360



**Sat, 23 Feb + Sun, 24 Feb 9.00am - 11.00am**

Maroochy Sailing Club Hall  
Chambers Island, Bradman Ave, Maroochydore  
Reserve with Natasha 0432 991 279



**Sunday, 24 Feb 7.00pm - Kirtan at Anahata Yoga Temple**

\* suggested donation \$10. All proceeds to the Tibetan Children's Village in Dharamsala, India  
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[www.soulsongyogawear.com.au](http://www.soulsongyogawear.com.au)  
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### bio

Twee teaches globally as a recognized teacher and trainer of Prana Flow, an empowering, transformational, and evolutionary-edge style of vinyasa flow yoga. Her calendar of international yoga activist + adventure retreats, teacher trainings, and master classes evolved from her original studies of Hatha, Tantra + Ayurveda and her on-going studies with her teacher, Shiva Rea (creator of Prana Flow + Samudra Global School for Living Yoga). After 12 years of residing in New York City, she now lives in Perth, Australia with her partner Peter + their dog Quito.

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