

Schedule and Price List



Hong Kong Schedule – Central

Singapore Schedule – Ngee Ann City

	Individual Sessions	Regular Price	Pure Early-Bird (ends 30 April)
Wednesday, 7 May 6.30pm - 8.30pm	Session 1: Trance Dance All Levels	HK\$380	HK\$304
Thursday, 8 May 7.00am - 9.00am	Session 2: Agni (Fire): Detoxifying Inner and Outer All Levels	HK\$380	HK\$304
Thursday, 8 May 6.30pm - 8.30pm	Session 3: Empowered Prana Flow Yoga : Waves of Collective Consciousness All Levels	HK\$380	HK\$304
	Package	Regular Price	Pure Early-Bird (ends 30 April)
Wednesday, 7 May - Thursday, 8 May	All-Session Package Sessions 1-3	HK\$970 (HK\$323 per session)	HK\$776 (HK\$259 per session)
Terms & Conditions Pure Cardholder Early-Bird 20% Discount: - Last day for Pure Early-Bird Discount is 30 April			
Refunds/Cancellation: - No refund or credit will be given in the case of cancellation starting 30 April			
Registration & Enquiries To register, please contact our Central studio at (852) 2971 0055 or visit any Pure Yoga studio. For enquiries, please email events@pure-yoga.com .			

	Individual Sessions	Regular Price	Pure Early-Bird (ends 2 May)
Friday, 9 May 6.30pm - 8.30pm	Session 1: Trance Dance All Levels	S\$68	S\$54
Saturday, 10 May 10.00am - 12.00pm	Session 2: Agni (Fire): Detoxifying Inner and Outer All Levels	S\$68	S\$54
Saturday, 10 May 2.00pm - 4.00pm	Session 3: Atmi Hridaya: Backbends & Hip Openers All Levels	S\$68	S\$54
Sunday, 11 May 10.00am - 12.00pm	Session 4: Vira Rasa: Standing Poses & Arm Balances All Levels	S\$68	S\$54
Sunday, 11 May 2.00pm - 4.00pm	Session 5: Empowered Prana Flow Yoga: Waves of Collective Consciousness All Levels	S\$68	S\$54
	Package	Regular Price	Pure Early-Bird (ends 2 May)
Friday, 9 May - Sunday, 11 May	All-Session Package Sessions 1-5	S\$289 (S\$58 per session)	S\$227 (S\$45 per session)
Terms & Conditions Tax - Please note all listed Singapore prices do not include 7% GST Pure Cardholder Early-Bird 20% Discount: - Last day for Pure Early-Bird Discount is 2 May			
Refunds/Cancellation: - No refund or credit will be given in the case of cancellation starting 2 May			
Registration & Enquiries To register, please contact our Ngee Ann City studio at (65) 6733 8863 or visit any Pure Yoga studio. For enquiries, please email events@pure-yoga.com .			

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About Twee Merrigan

Twee travels globally as a recognised teacher and trainer of Prana Flow Yoga, an empowering and transformational evolutionary-edge style of vinyasa flow yoga. Her calendar of international adventure + yoga activist retreats, teacher trainings, and master classes evolve from her original studies of Hatha, Tantra + Ayurveda and her continued studies with her teacher, Shiva Rea.

Twee is featured in 4 widely distributed U.S. and Japanese Yoga DVDs (Shiva Rea's Fluid Power + Yoga Trance Dance and Be Yoga Japan's Beginner + Power Series), and

publications including Yoga Journal (Cover Model/Dec 07 + Photos/May 06), Body+Soul, Women's Health (Yoga Life), and New York Times.

After 12 years of residing in New York City and one year in Australia, Twee is currently touring as a global citizen on her Soul Connections Yoga Tour 2008, with a portion of the proceeds for every event donated to the Kenya Education Fund and a local charity.

www.tweeyoga.com