

Twee Merrigan

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. Twee's unique teaching style encourages students to explore the infinite intelligence of prana (life energy), to listen to their inner teacher, and to respond and move from their own center of truth. through this empowering and transformative process of placing the body temple in a sacred way, body mudras unfold within our sacred practice, as we no longer do yoga, but rather we are yoga.



Saturday April 4th 8:00 – 10:00 am SA1MER
Ignite! and be free! empowered prana flow yoga

"I am immersed in the flame, the flame of Life. The universal fire flows through me without resistance." ~ Vijnanabhairava Tantra, 29
This is an exploration of diving into the mystery of the moment, being truly free, and letting go of the limitations of the mind that continue to bind the LIFE within. We'll explore the process of inquiry asking ourselves 4 key questions that dig deep into our true core, to submerge and awaken into the living in our own Truth. We will ignite the internal flame, embrace that which we already know as our Realized Self, watch the smoke rise and clear, and remain standing in the ashes of that which no longer serves us! Conquer fears, doubts, delusion and illusions through playful and focused arm balancing and standing balancing body mudras.



Saturday April 4th 1:00 – 3:00 pm SA3MER
Tending to the fire of the inner heart temple

"Be rooted in your heart, and attend the birthing of the light within you." ~ Radiance Sutras
Cultivate srngara rasa ~ love of the divine ~ as we rest in the perfect spot. When we dive deeply into this sacred temple of our hearts, we remain open to our own authenticity, our own truth, liberating our heart-minds and living more fully and awakened in each moment. Join Twee as she guides us through hridaya namaskar, a liberating hip + heart opening flow, and body mudra meditations as we continue to listen to our inner guide...answering the call to return again and again. Open to strong beginner to intermediate students familiar with vinyasa flow yoga and open to exploring the receptive pathways of asana.



Saturday April 4th 5:30 – 7:30 pm SA5MER
Waves of collective consciousness

"When we realize we are the ocean, we are no longer afraid of the waves." Anonymous
Learn how to connect with your fluid body and natural wave rhythms within yoga. Twee will inspire us to invoke the water element and prana, life force, within our sadhana (sacred yoga practice). The purpose of this intensive is threefold: to deepen your personal practice as a laboratory for exploring the creative potential of vinyasa flow; provide tools for teaching vinyasa and enlivening the flow of your classes; and focus on how to embody the flow of daily life with the rhythms of teaching, the end result being a deeper understanding of how to live yoga and cultivate your sva dharma – service to the world.



Sunday April 5th 11:30 am – 6:30 pm SU1MER
Pranic Alignment: Creating Abundance within your Yoga Practice, Teachings, + Daily Life

Whether you are a yoga teacher or a practitioner wanting to re-ignite the spark within ~ this intensive will stoke your creative fires towards manifesting your heart's desires and dreams into manifested reality. Morning of Empowered Prana Flow yoga (open to all levels) followed by afternoon exploring the art of hand-on enhancements: the empowering difference between Hands-on Enhancements vs. Adjustments ~ creating more steadiness and ease within your body mudras (postures).