

# Twee Merrigan's retreat at Melaka

friday 16th may – sunday 18th may 2008

## prana flow yoga workshop

2008  
Malaysia **melaka**



shivaree  
united states

The program is as follows

### Friday 16 May 2008

9.30 am to 12 noon      Rasa Vinyasa Flow (Part 1)  
2pm to 5pm              Rasa Vinyasa Flow (Part 2)  
7pm to 9pm              Prana Flow (Public class)

### Saturday 17 May 2008

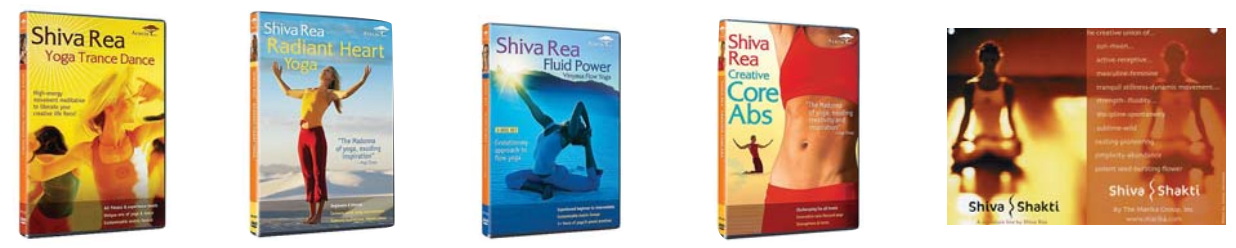
9.30 am to 12 noon      Prana Flow (Public Class)  
2pm to 5pm              Rasa Vinyasa Flow (Part 3)

### Sunday 18 May 2008

9.30 am to 4.30 pm      Full day Alignment and Adjustment class

# pranaflow yoga

books & DVD's from shiva ree



#### About Prana Flow

Embrace the flow and allow the prana to guide you....

Prana – "life-force of creation"  
Flow – the state of unified consciousness

Prana Flow is an energetic, creative, full-spectrum approach to embodying the flow of yoga cultivated by Shiva Rea and the Global Vinyasa Collective of Teachers. Students of all levels are empowered to experience prana - the universal source of breath, life-energy and conscious intelligence - as the navigating source of yoga practice and vital living.

Practitioners learn classical and innovative approaches to vinyasa yoga and the state of flow drawn from Krishnamacharya's teachings, Tantra, Ayurveda, Bhakti, Somatics and Shiva's teaching experience from the last fifteen years.

Prana Flow is also...



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D-3A-23 BLK D  
DATARAN ARA DAMANSARA  
JLN PJU 1A/20B  
PETALING JAYA 47301  
[www.ysynergy.com](http://www.ysynergy.com)

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