

# Twee Merrigan

at the Crowley Lake Community Center

## PRANIC ALIGNMENT TEACHER TRAINING & MASTER CLASSES | April 24-26

\$225 or \$195 pre registration by April 15, 2009  
Single Class \$35 or \$80 for all three

Twee teaches globally as a recognized teacher and trainer of Prana Flow, an empowering, transformational, and evolutionary-edge style of vinyasa flow yoga. Her unique teaching style rooted in Hatha, Tantra, Ayurveda and her continued studies with her teacher Shiva Rea, encourages students to explore the infinite intelligence of Prana (life energy) "with in and with out."

She encourages students to listen with deep reverence to the inner teacher, to respond from that core of truth, to blissfully harmonize their movements to reflect the 840,000+ species of life that exist in the world, as to stay ecstatically wide awake to the Flow that is the magic of their lives. Twee donates her time and a portion of her proceeds of all her yoga events to local and global charities as a contribution to improving the lives of those less fortunate and reducing our human impact on the world's natural resources. After living in New York City for 12 years (+ one year in Australia), she is sharing her passion of yoga through her teachings, living as a global citizen traveling to a different country (almost) every two weeks, knowing her gratitude-filled heart as her home. Join her on the Soul Connections Yoga Tour '09 | Ecstatic Awakenings!

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

pranic alignment teacher training module - 20 hours towards shiva reas prana flow teacher training program. learn to recognize and honor the pathways of prana (life force) within our own body mudras (postures) to enhance our individual experience towards stability and ease. this unique hands-on assisting method empowers yogis to find their own sacred alignment inspired by an outer teachers touch but truly guided by the intelligence of prana united with the teacher within.

### Friday, 24 April

8:00am - 10:00am

Vyana Vayu:

From the Inside Out

(Hip and Heart Opening)

12:00pm - 6:00pm

Teacher Training

### Saturday, 25 April

9:00am - 2:30pm

Teacher Training

5:00pm - 7:00pm

Samana & Apana

Vayu: Igniting the Internal

Fires (Arm Balancing)

### Sunday, 26 April

9:00am - 11:00am

Apana & Udana

Vayu: Grounding Down

to Get Higher

(Standing Balancing +

Inversions)

12:00pm - 3:00pm

Teacher Training

### For More Information and Registration

[www.sierrashanti.com](http://www.sierrashanti.com) - Call Kelley Doyle at 760-937 3937

