



photos by david martinez

## Energetic Alignment: Discovering and Teaching Structural Alignment within the Flow of Prana with Twee Merrigan

A Yoga Alliance Registered Samudra Teacher Training 20 Hour Module created by Shiva Rea

Learn the underlying energetic alignment of yoga asanas based upon an integrated understanding of the movements of prana, lines of energy, relationship of opposites in the body and how to open and strengthen the core structures of embodiment from head to toe, skin to subtle body. We will work with the family tree of asanas and see how the alignment of the main asanas form the core energetics which evolve and branch from the primary pattern. We will learn to teach five primary alignment actions in any pose including foot patterns, spiral actions of the legs, position of the pelvis, spinal alignment and support of the neck.

The goal is to have an interrelated understanding of this energetic alignment, actions, functions, and somatic qualities of a base of 108 postures from which to sequence vinyasa combinations with skill, effectiveness, fluency and creativity. We will apply Shiva's three-part vinyasa methodology to the standing poses, backbends, arm balances, core abdominals, forward bends and hip openers, twists and inversions as a base for more complex sequencing.



### Friday, 27 June

12.00 – 17.00 Teacher Training



### Saturday, 28 June

08.00 – 10.00 Open Level Vinyasa Flow Master Class

11.00 – 17.00 Teacher Training



### Sunday, 29 June

08.00 – 10.00 Open Level Vinyasa Flow Master Class

11.00 – 15.30 Teacher Training

\* 30 min. breaks in afternoon sessions

## 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. Her 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 process of placing the body temple in a sacred way, body mudras unfold within the sacred practice. We are no longer doing yoga, but rather we are yoga. Twee is now a global citizen after 12 years of residing in New York City and one year in Australia.

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



To register by call (+47) 40 40 45 39 or email [post@tempelyoga.no](mailto:post@tempelyoga.no)

A portion of the proceeds will be donated to [www.kenyaeducationfund.org](http://www.kenyaeducationfund.org) and [www.nca.no](http://www.nca.no)