

Namaskaram!

We invite you to dive into the flow and immerse yourself in EVOLVE's Prana Flow®: Energetic Vinyasa Yoga Teacher Training program. We practice, teach and live Prana Flow® yoga, an evolutionary approach to Vinyasa yoga created by Shiva Rea.

Whether your intention is to deepen your personal practice, embark on your journey as a evolving yoga teacher, or both, this intensive will provide you with an enriching, life-enhancing experience that will transform your relationship with yoga, yourself and the world.

You will graduate from EVOLVE YTT with a wealth of knowledge and teaching experience well-prepared to structure and guide your own Prana Flow® classes and register with the Yoga Alliance if you choose. On a more personal note: your eyes will open wide, your mind will be blown, your heart will expand, your inner fire will ignite and your whole body will be present as you EVOLVE.

Peace, Love, OM!

Carson

Carson Efirm, ERYT-500

Program Director

Carson Efirm is an enthusiastic student and teacher of Flow inspired by evolutionary Vinyasa, contemporary dance techniques, Tantra, Ayurveda and the radiant, Shiva Rea. Since completing her Prana Flow® certification in 2008, she joyfully serves as an assistant and mentor in Shiva's Prana Flow® Teacher Training program. Carson is also the Yoga Education Director for EVOLVE Movement in Raleigh, NC and leads their 200 hour, Yoga Alliance approved, Prana Flow® affiliate Teacher Training Program. At the moment, she is immersing herself in the LA yoga community and pursuing her MFA in Dance at UCLA where she teaches yoga in the World Arts & Cultures/Dance Dept.



EVOLVE Movement's Prana Flow®: Energetic Vinyasa Yoga Teacher Training with Carson Efirm

EVOLVE Movement, Cameron Village, Raleigh
Details & Registration: www.evolve-movement.com



Discover our five month, 200-hour, Yoga Alliance approved, Prana Flow® Teacher Training program created by Shiva Rea.

Next session flows January-June 2012.



Flow like a wave that trusts its path, its strength, its fluidity, its freedom...

- Daniel Odier, Yoga Spandakarika

EVOLVE's Prana Flow®: Energetic Vinyasa Yoga Teacher Training Program..

is an affiliate program of Shiva Rea's Prana Flow® yoga. Our 200-hour curriculum is based on Shiva's foundational modules including:

Embodying the Flow™: Introduction to Prana Flow®: Energetic Vinyasa™

Deepen the way you breathe, move, teach and flow in the yoga of life.

Embodying the Flow immersion is for aspiring and seasoned teachers serving as an introduction to a holistic, energetic approach to teaching vinyasa as more than a technique or style of yoga, but a way of guiding the flow of our body, practice and life. Based upon the teachings of Krishnamacharya's lineage, Tantra, Sacred Arts, Ayurveda, Bhakti and Somatics, Embodying the Flow™ models a synthesis approach integrating the roots and evolution of living yoga; which draws from Shiva's 20+ years of teaching in the fertile soil of LA's yoga community and annual retreats to India.

The purpose of this training is threefold:

- to deepen your personal practice as a laboratory for exploring the creative potential of vinyasa
- provide tools for teaching vinyasa and enlivening the flow of your classes
- focus on how to embody the flow of daily life with the rhythms of teaching

Essential Tools for Teaching Vinyasa: Awakening the Mandala of Asanas™

A Prana Flow® Teacher Training for Energetic Alignment™, Hands-on Assists, Vinyasa Krama, Prana Flow Three-Part Vinyasa™, and Wave Sequencing™ for 108 asanas

Teaching vinyasa is an art that requires a teacher to develop related tools using their voice, hands-on assists, observation and energetic attunement to provide guidance to facilitate the state of flow. In this immersion, you will learn the energetic alignment for core asanas within the Mandala of Asanas based upon an integrated understanding of the movements of prana, practical anatomy and how to open and strengthen the core structures of embodiment from head to toe, skin to subtle body.

Samudra Global School of Living Yoga 200-hour program affiliate
www.shivarea.com

Winter/Spring 2012 Dates

8 23-Hour Weekends:

January 6-8
January 27-29
February 17-19
March 9-11
March 30-April 1
April 20-22
May 11-13
June 1-3

Schedule:

Fridays: 5:45-9:45pm
Saturdays & Sundays: 8am-6pm

Tuition

Fee: \$2600

Includes:

- 180 contact hours with YTT Faculty
- Manuals, Handouts & Class Sequences
- 10 drop-in classes at EVOLVE Movement
- One on one mentoring with YTT Faculty & Graduates

Payment Plan: Available. Please inquire.

Please note: Required reading books are not included in your tuition fee.

Apply

Please email us to receive an online application and detailed information. It is encouraged that you have at least a year of previous yoga experience and have attended classes at EVOLVE as well as an INFO session before applying. To inquire email Carson Efir, Program Director: cefird@evolvemovement.com.

Application Deadline: December 1, 2011.