

Surfing the Vinyasa Wave

with
**simon
park**

**saturday
feb. 20, 2010**
1:00-4:00 PM
\$50



Experience the latest evolution of Prana Flow:

dynamic asana, creative flows, and integrated pranayama as a moving meditation that will tune and tone you from the inside out while giving you the tools for navigating life's changes with grace, power, and confidence. We will explore several vinyasa waves of multi-dimensional sequences-intelligently unfolding an evolution of movement meditation, fluid namaskars, backbends, arm balances and hip opening to understand the underlying flow of prana.

SIMON PARK began his yoga journey 15 years ago with Shiva Rea in the World Arts and Cultures Department at UCLA. Fast forward to the present where he was recently featured in Yoga Journal as "one of the most influential and gifted...next generation of yoga teachers". He weaves inspiration from many styles into his teaching, including Vinyasa, Ashtanga, Iyengar, and Thai Massage. His core teachers, Shiva Rea, Maty Ezraty, Joan White, and Dharma Mittra, are master teachers in their field. Simon teaches workshops and teacher's trainings in Prana Flow Yoga and Thai Massage worldwide. www.liquidflowyoga.com

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