



CHAKRA MANDALA VINYASA

- MOVEMENT ALCHEMY IN A CHANGING WORLD -

with Shiva Rea and friends

with special guest

DEYA DOVA
(Feb. 27 - 28) & more TBA

FEB 27 | MARCH 3

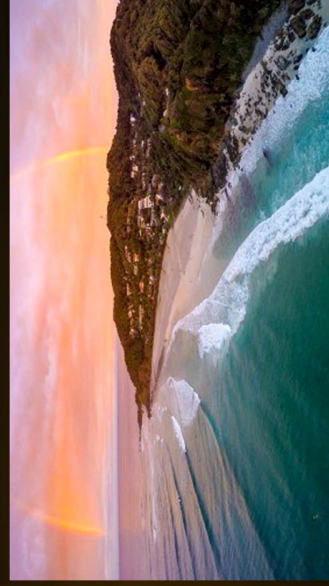
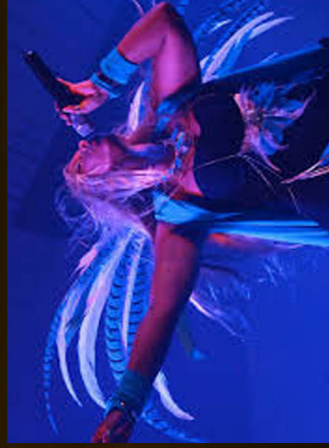
Afternoon

Evening Yoga Trance Dance

PRANA VINYASA RETREAT & OPTIONAL TEACHER IMMERSION

Join us for the first Prana Flow retreat in the sacred landscape of Byron Bay as we awaken and embody a practical, somatic approach to our energetic chakra system. We will begin in ceremony with Aboriginal Elders of Arakwal tribe to honor the roots and dive into a progression of energetic, full body, creative and in-depth Chakra Mandala movement meditations and practices for liberating our life force.

Each Day is a 12 hour activation including transformative rhythm from sunrise tantric chakra-based meditation, morning solar and afternoon lunar Chakra Mandala Vinyasa and evening reflection and movement meditation including four hours to play, surf, and explore Byron in the middle of the day. Live Fully, Transformative Practice, Play and Rejuvenation.



CHAKRA MANDALA VINYASA WITH SHIVA REA

TEND THE FIRE OF THE MANY DIMENSIONS OF OURSELVES FROM ROOT TO CROWN, INNER TO OUTER

Experience an immersion to tend the inner fire through the transformative full-spectrum practice of Chakra Vinyasa integrated with sublime teachings and meditations of the earliest Tantras.

Each day you will explore chakra prana vinyasa sequences to balance and liberate your system integrating chakra mandala namaskar, circular sequencing, chakra-based meditation, mantra, mudra, and yoga nidra (deep relaxation). We will also integrate movement meditations from prana vinyasa for exploration and embodiment.

Through this practical and inspirational exploration of the chakra system and yogic body, we will develop a transformative approach to the body mandala and learn to assess our imbalances and translate this into practical vinyasa yoga sequences for our self, private students, group classes and living the flow of yoga.

In a world where we can see the disconnecting effects of a “dim fire” or the burn out of the “excessive fire”, inner fire-keeping is an all-encompassing metaphor for the yoga of householder life. The chakra system brings together the alchemy for tending the fire of the many dimensions of ourselves - root to heart to crown, inner and outer. Our mission is to emerge nourished and inspired with tools to deepen your practice, teaching living yoga.

pranavinyasaflow.com | yogaalchemy.com



inyoga



WE ARE ONE



BACK2ROOTS RETREATS



bodymindlife



YOGA alchemy

You will be exploring history, science and integrated practice of the chakra system in a way you can experience, and integrate into our practice, teaching and daily life. Learn:

- Four Chakra Mandala Namaskars - Circular Namaskars to Embody the “wheel” of the chakras
- Four Chakra Prana Vinyasa Wave Sequences broken down and adapted to all levels; Principles of Prana Vinyasa Mandala Wave Sequences
- Chakra Namaskar - Integrated Namaskar for all levels
- Subtle-Body Flow - Energetic Embodiment and Opening the Central Channel
- Prana Vinyasa Movement Alchemy - Principles for Life-Balance
- Daily Tantric Chakra, Mantra and Mudra based Meditation
- Empowering Teaching Labs, Online practice to integrate at home
- Embodied Prayer and Prana Danda Vinyasa Yoga with a 5-foot Staff with guest teacher Demetri Velisarius