

Vibrant Living Yoga

Practice toward Liberation

February 23-24

Classes 8:30 -11 and 4 - 6 each day

Ubud • Bali Spirit Yoga Barn • Jl. Pengosekan



In this Vibrant Living Yoga immersion you will learn to create stillness through movement, order from chaos and radiant health from entropy. We explore our potential by uncovering the secrets to full expression in every posture - focusing on alignment, vinyasa (breath linked with movement), bandha and dharana (yogic concentration). Freedom and energy cultivation arising in the laboratory of Yoga.



Daniel Aaron, founder of www.RadiantlyAlive.com, directs the Vibrant Living Yoga School and Teacher Training in Bali. He shares his passion for yoga, and how to use it as a potent tool to evoke our highest potential for health and happiness, guiding students to accept them self fully and challenge their limitations. Mixing a diverse yogic education with dozens of modern masters (JivaMukti, Astanga, Iyengar, etc), his own experience of 'the teachings,' creativity and spontaneity, Daniel creates classes that are eclectic, fun and inspiring. For information about him, the teacher training, workshops and retreats in Bali, and around the world, please see www.DanielAaron.com

Fee : early registration discount – payment by February 19 to Ririe at Bali Spirit office (Jalan Hanoman 44) – Rp. 500,000 for all classes or Rp. 150,000 each, After February 19 – Rp. 600,000 for all classes or Rp. 175,000 each. For info please call 081 337 823 719, visit www.RadiantlyAlive.com