

# VIBRANT LIVING YOGA – PRACTICE TOWARD LIBERATION

With Daniel Aaron

**7-9 March 2008**  
**Ruko Vila Melati Mas**  
**Blok SR 15 No.39. Serpong**  
**Jakarta**

**12,5 Hours workshop Rp. 1.250.000,-**  
Special price Rp. 1.125.000,- and cool t-shirt for 30 first participant  
only for Early bird before 22 February 2008  
**Open for all level**



In this Vibrant Living Yoga immersion into the daily practice of liberation you 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](http://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](http://www.DanielAaron.com)



**7 & 8 March**

1st  
09.00 - 11.30

2nd  
14.00 - 16.30

**9 March**

09.00 - 11.30

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