

SAMUDRA GLOBAL SCHOOL OF LIVING YOGA AND YOGANI STUDIOS PRESENTS



SPECIAL  
GUEST

*Chris Tompkins*



# *Micheline Berry*

## PRANA FLOW™

200-HR VINYASA FLOW YOGA TEACHER TRAINING

*with Master Guest Teacher Chris Tompkins and others*

9 WEEKENDS | FEBRUARY 17 – JULY 15 | \$2950 | BEFORE JANUARY 6 \$2800

\$600 DEPOSIT DUE AT REGISTRATION | PAYMENT PLAN AVAILABLE

A YOGA ALLIANCE APPROVED 200-HOUR TEACHER TRAINING

**Join Micheline Berry for a comprehensive, empowering and inspired 5-month journey into the art and skill of teaching Vinyasa Flow Yoga. Our Prana Flow™ 200-hr Vinyasa Flow Yoga Teacher Training will provide you with a full-spectrum foundation to begin teaching Vinyasa Flow Yoga with skill, creativity, intelligence and authenticity. Training is appropriate for both aspiring teachers as well as those who would like to seriously deepen their own practice. You will learn from both tradition and innovation.**

**Vinyasa Yoga embraces diversity. Micheline Berry's Prana Flow™ 200hr Teacher Training will draw from Krishnamacharya's teachings (Patanjali, Ashtanga's 8-Limb Path and Iyengar-informed Alignment), Tantra Roots (Vijnanabhairava Tantra and Spandakarika), Shiva Rea's Prana Flow™ Yoga system (Tantra Hatha Yoga), Micheline Berry's own Teacher Empowerment Training, as well as eclectic and powerful contributions from somatics, yoga philosophy, mind-body psychology, yoga anatomy, and contemporary masters in yoga!**

An ancient technology of ecstasy, Vinyasa Flow Yoga creates a bridge from the mundane to the ecstatic, the ordinary to the sacred, the slothful to the awakened state of being through the vehicle of the soma (the non-verbal, direct experience of the body). In this living practice, layers of cultural, psychological and physiological contractions unwind, releasing a wellspring of creative energy.

The art of becoming of a yoga teacher is a deeply personal healing journey towards remembering who we really are and returning home to our organic, life-affirming rhythms so that we may guide others to do the same. For the only way we can authentically guide others towards integrated embodiment is to commit ourselves to the work of awakening our own latent gifts and allowing them to thrive. Yoga is not just a path of asana and alignment... it is a path of living life as a vibrant, breathing, ever-evolving sacred art. Committing to the path of a yoga

teacher is therefore, committing to the process embodying your own creative potential (shakti prana), allowing it to take shape in the world while inspiring others to do the same.

In addition to your in class, hands-on learning experience, you will also study the philosophical roots of Vinyasa Yoga from its Tantric Roots to Krishnamacharya's teachings (Patanjali's Yoga Sutras). We will be studying both classic and tantric yoga texts as well as contemporary writings to provide a well-spring of knowledge to intellectually and creatively support your own path, including Patanjali's Yoga Sutras, Ashtanga 8-Limb Path, Vijnana Bhairava Tantra and Spandakarikas.

Our Vinyasa Flow Teacher Training will awaken the living, healing art within and give you the essential tools to actualize some of your deepest potentials and thrive as both a teacher and an artist of life. Start where you are. Compassion and a sense of humor required. Dive in!

Blessings,  
Micheline Berry

### **TEACHER TRAINING MODULE SCHEDULE AND STRUCTURE**

Each training module will include morning sadhana, lecture, teaching and/or hands on adjustments, homework and reading assignments, plus occasional dinners to bond and let loose with your fellow yogis.

**9 Weekends | February 17 – July 15**

**Fridays**  
6:00-9:30pm

**Saturdays**  
8:00-11:00am  
2:00-7:00pm

**Sundays**  
8:00-11:00am  
1:30-4:00pm

**17.5 Total Per Weekend**  
+5 hours per month observing, study sessions and self study

**\$2850 | After January 6: \$ 2950**  
**Payment plan available.**  
**Inquire at [yogani.com](http://yogani.com)**

## **SCHEDULE**

### **Mandala of Asanas**

**Feb 17-19** Part 1: Family of Asanas, Alignment and Classical Yoga Philosophy **with Chris Tomkins joining Micheline**

**Feb 24-26** Part 2: Family of Asanas, Alignment and Yoga Anatomy

### **Embodying the Flow: Essential Tools for Teaching Vinyasa Flow**

**Mar 9-11** Part 1: Foundations of Wave Sequencing and 3-Part Vinyasa System

**Mar 16-18** Part 2: Wave Sequencing and 3-Part Vinyasa System (cont'd.) and Introduction to Tantric Hatha Yoga and Philosophy **with Chris Tomkins joining Micheline**

### **Fluid Power Vinyasa Flow Yoga Teacher Training Intensive**

**April 13-15** Sequencing and Practices to Liberate your Creativity, Embodied Freedom and Authentic Power

### **Teacher Empowerment Training**

**April 27-29** Part 1: Seeing Bodies and Teaching 1-on-1. Individual Somatic Coaching

**June 22-24** Part 2: Seeing Bodies and Teaching Vinyasa for Groups. The Business of Yoga

### **Introduction to Bhakti Yoga and Ayurveda**

**May 25-27** Restorative Asana, Mantra, Pranayama, Meditation and Ayurveda for Healing **with Joey Lugassy and Denise O'Dunne joining Micheline**

### **Yoga and the Muse**

**July 13-15** Nada Yoga: Using Music and Rhythm to Enhance the Flow **with Red Musette: DJ Drez, Joey Lugassy and Domonic Dean Breaux joining Micheline**

## REQUIRED TEXTS

### Module 1

*The Heart of Yoga,*  
*TKV Desikachar, Revised 1999*  
*Yoga: The Iyengar Way,*  
*Silva Mehta, 1990*  
*Yoga Anatomy, Leslie Kaminoff*  
*Liquid Asana DVD, Micheline Berry*  
(You may choose either volume 1 or 2)

### Modules 2, 3 & 4

*Flow: The Psychology of Optimal Experience, Mihaly Csikszentmihalyi*  
*The Radiant Sutras: a version of the vijnana bhairava tantra, Lorin Roche*  
*Yoga Spandakarika, Daniel Odier*

### Module 5

*Eastern Body, Western Mind: Psychology and the Chakra System as a Path to the Self, Anodea Judith*

## RECOMMENDED TEXTS

### Module 1

*The Yoga Sutras of Patanjali Commentary on the Raja Yoga Sutras, Sri Swami Satchidananda*  
*The Yoga Sutras of Patanjali: A New Edition, Edwin F. Bryant, July 2009*

### Modules 2, 3 & 4

*Tantra: Path of Ecstasy, Georg Feuerstein, 1998*  
*Asana Pranayama Mudra Bandha, Swami Satyananda Saraswati*

### Module 5

*Yin Yoga, Paul Grilley*  
*Eastern Body, Western Mind: Psychology and the Chakra System as a Path to the Self, Anodea Judith*  
*Ayurveda: A Practical Guide: The Science of Self Healing, Vasant Lad*

## Micheline Berry

As a pioneer in the art of integrating live world music with traditional yoga sadhana, Micheline Berry's Liquid Asana™ vinyasa yoga classes integrate fluidity with asana structure, flow with dynamic stillness, strength with deep release. Often accompanied by a live dj or world music ensemble, her yoga classes are an urban ritual experience designed to ignite and deepen the flow of shakti prana - the vibrant creative energy that exists as latent potential within us all. You will come away from this practice feeling empowered, deeply rejuvenated and creatively inspired on and off the mat.

In addition to her ongoing somatic dance and yoga innovations, Micheline's work is informed by Prana Flow™, Forrest, Ashtanga and Iyengar yoga systems. She is the Founder of Zen Dancing®, the Creative Director/Co-Founder of the world music ensembles Red Musette and Shaman's Dream and has produced and facilitated over 500 ritual world music concerts, dance performances and multi-media events since 1997. Also an award-winning filmmaker, she has produced and directed several instructional yoga DVD's including her own Liquid Asana Yoga series, Billy Asad's (Yoga Works) Sports Yoga DVD Series and an upcoming visual art+music+meditation series.

Based at Exhale in Venice, CA Micheline leads Liquid Asana™ certified teacher trainings, yoga workshops, world music/multi-media events and retreats internationally, including her second home Brazil. [michelineberry.com](http://michelineberry.com).



To register online visit [yogani.com](http://yogani.com)

