



## Maria E. Garre

Maria is a Senior Teacher and Director for Shiva Rea's Samudra School of Living Yoga offering Prana Flow, an energetic and transformational expression of Vinyasa Flow Yoga. In addition to assisting and studying with Shiva Rea for over 9 years, Maria leads workshops, teacher training and retreats world-wide. Maria attended the Kripalu School of Ayurveda and has accrued over 800-hours of hands-on training in Ayurveda. In addition, she is a Certified Power Pilates Instructor, has a Masters in Education, and is registered through Yoga Alliance as a 500 E-RYT. A Prana Flow teacher with over 15 years of study in Philosophy, Biological Sciences, Tantra, Ayurveda and Yoga, Maria offers a dynamic and liberating Yogic approach that embodies the alchemy of all these teachings. Maria is currently the Yoga Director for Ananda Shala in Frederick, Maryland and has taught at the Bali Spirit Festival, Toronto and Vancouver Yoga Conference and Show.  
www.mariagarre.com



**Thursday March 25th 11:00 am - 6:00 pm TH1GAR**

***Energetic Alignment - Enhancing the Flow***

Learn the underlying energetic alignment of yoga asanas based upon an integrated understanding of the movements of Prana, lines of energy, and relationship of opposites in the body. Experience how to open and strengthen the core structures of embodiment from head to toe, skin to subtle body. We will work with and learn the family tree of asanas and learn how alignment of the main asanas forms the core energetics, which evolves, and branches from primary patterns. The goal is to have an interrelated understanding of this energetic alignment, actions, functions, and somatic qualities of a base of 108 postures from which to sequence vinyasa combinations with skill, effectiveness, fluency and creativity. Includes practice of hands on assists and the five movements of Prana. Learn the underlying energetic alignment of yoga asanas based upon an integrated understanding of the movements of Prana, lines of energy and relationship of opposites in the body.

**Saturday March 27th 8:00 am - 10:00 am SA1GAR**

***A Dual Approach: Pilates and Yoga***

This workshop will offer a way for participants to understand how both Yoga and Pilates offer different, yet similar kinesthetic experiences for the body and mind. We will cover the basic tenets and postures in Yoga and Pilates as a way to comprehend the complimentary nature of these two forms of movement. We will examine how Yoga postures influenced many Pilates exercises on both mat and equipment, how Pilates offers movement insight and strength to enhance Yoga postures, and how both together give us the opportunity to maximize our movement potentials. Workshop includes a mini Yoga and Pilates class, not a fusion class but two separate micro-experiences.

**Saturday March 27th 1:00 pm - 3:00 pm SA3GAR**

***Surfing the Waves of Prana through Arm Balances and Hip Openers***

Allow yourself to swim and float through a transformational, energetic vinyasa flow class offering dynamic sequencing, inspirational beats, and vinyasa krama. Enjoy a Prana Flow® class weaving arm balance and hip opening asanas into an effortless, down-stream experience as you learn to navigate with the flow instead of against the flow.

**Saturday March 27th 3:15 pm - 5:15 pm SA4GAR**

***Fluid Power - Moving through the Mandala***

From the water with which our fluid bodies are comprised, to the sub-atomic quantum field, wave motion is the expression of life. Explore this three part approach to thawing asanas and awakening the natural, healing power of wave motion in a dynamic, rhythmic flow that intelligently challenges all levels of yogic surfers.

**Sunday March 28th 9:00 am - 11:00 am SU1GAR**

***Vinyasa Flow Sequencing: How to Create effective, and Innovative Sequencing***

Using Prana Flow sequencing principles, 3 part vinyasa technique, and wave sequencing theory developed by Shiva Rea, learn how to create yoga class sequences that are effective and creative. Shiva's unique style of sequencing offers teachers methods for integrating the mandala of asanas in a seamless, integrative way. Walk away with a fresh new approach to teaching!

**Sunday March 28th 2:00 pm - 4:00 pm SU3GAR**

***A Class for All: teaching to All levels***

What do you teach when the yoga room is filled with students of all levels? How do you challenge more advanced students while still serving your true beginners? This workshop will outline strategies and methods to teach multi-leveled classes and how to re-arrange current class sequences in the moment.

**Sunday March 28th 4:30 pm - 6:30 pm SU4GAR**

***Ayurveda 101: an introduction to Ayurveda***

Ayurveda, literally translated as "science of life" is the oldest, uninterrupted system of healing/medicine. The sister science of Yoga, this is the practice that cultivates vitality, health and longevity. Understand what it means to live according to your prakriti or "constitution" and learn how to adapt this ancient art of healing to fit your life. This workshop will highlight basic Ayurvedic concepts and principles for vibrant living in harmony and balance. Lecture