

THE
PULSE

EMBODYING PRANA FLOW
LIVE + ONLINE GLOBAL STUDIO
WEEKLY GUIDE

LIVING IN RHYTHM APP

EMBODYING PRANA FLOW *
HOME PRACTICE SANCTUARY *
WITH YOUR GUIDE SHIVA REA

CONNECT

OPENS FEB 1ST
BONUS TO OUR PULSE MEMBERS

NEW * EMBODYING PRANA FLOW
APP OF OVER 600 NEW PRACTICES
FOR VITAL LIVING

JOIN US
AS WE GATHER *MOVE *EMBODY
AND EVOLVE IN OUR
NEW MOVEMENT ALCHEMY PORTAL
2024 JOURNEY OF THE YEAR



WELCOME
FROM SHIVA
CONNECT



EMBODYING THE
SACRED
FLOW

JOURNEY OF THE YEAR



CONNECT



*EMBODYING THE SACRED FLOW
LIVE + GLOBAL ONLINE + 1-1
IN OUR PRANA FLOW GLOBAL SHALA
HUB FOR LIVING VINAYASA*

Our new shala is now open as a refuge for our friends on the path.

Experience our new sanctuary serving up movement alchemy delights.

Cultivate your Daily Prana Flow

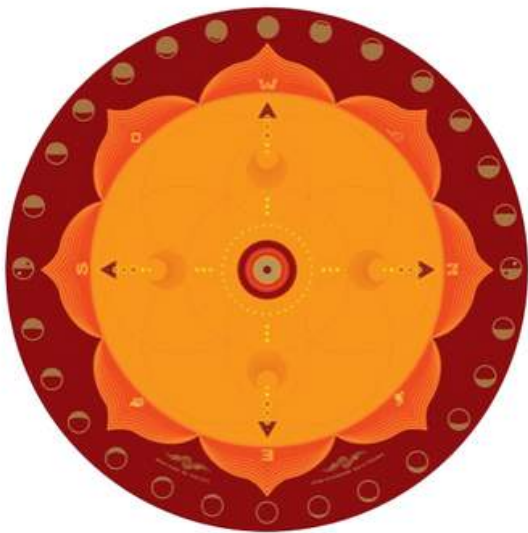
Enjoy a seasonally, curated palette of movement meditations + living arts

Embody Natura Flow in a Prana Mandala Vinyasa system of wholistic training and health integrating roots + evolutionary yoga, tantra, ayurveda, bhakti, flow, and somatic healing arts

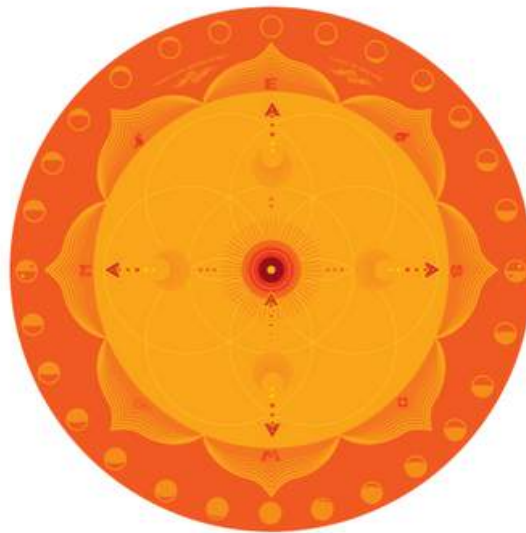
Join any time to access free meditations available through the journey of the year as we follow the sunrise, sunset, new-full moon and seasonal cycles in our journey around the sun.



ENJOY THE VITAL MONTHLY MEMBERSHIPS
(LIVE WEEKLY EMBODYING PRANA FLOW WITH SHIVA
& NEW CURATED HOME PRACTICE LIVING FLOW APP)



SACRED TRAINING PASS



LIVING YOGA
SOULFUL WELLNESS JOURNEY



TEACHER'S PATH
OUR JUICIEST, MOST SATISFYING TEACHER'S



CONNECT

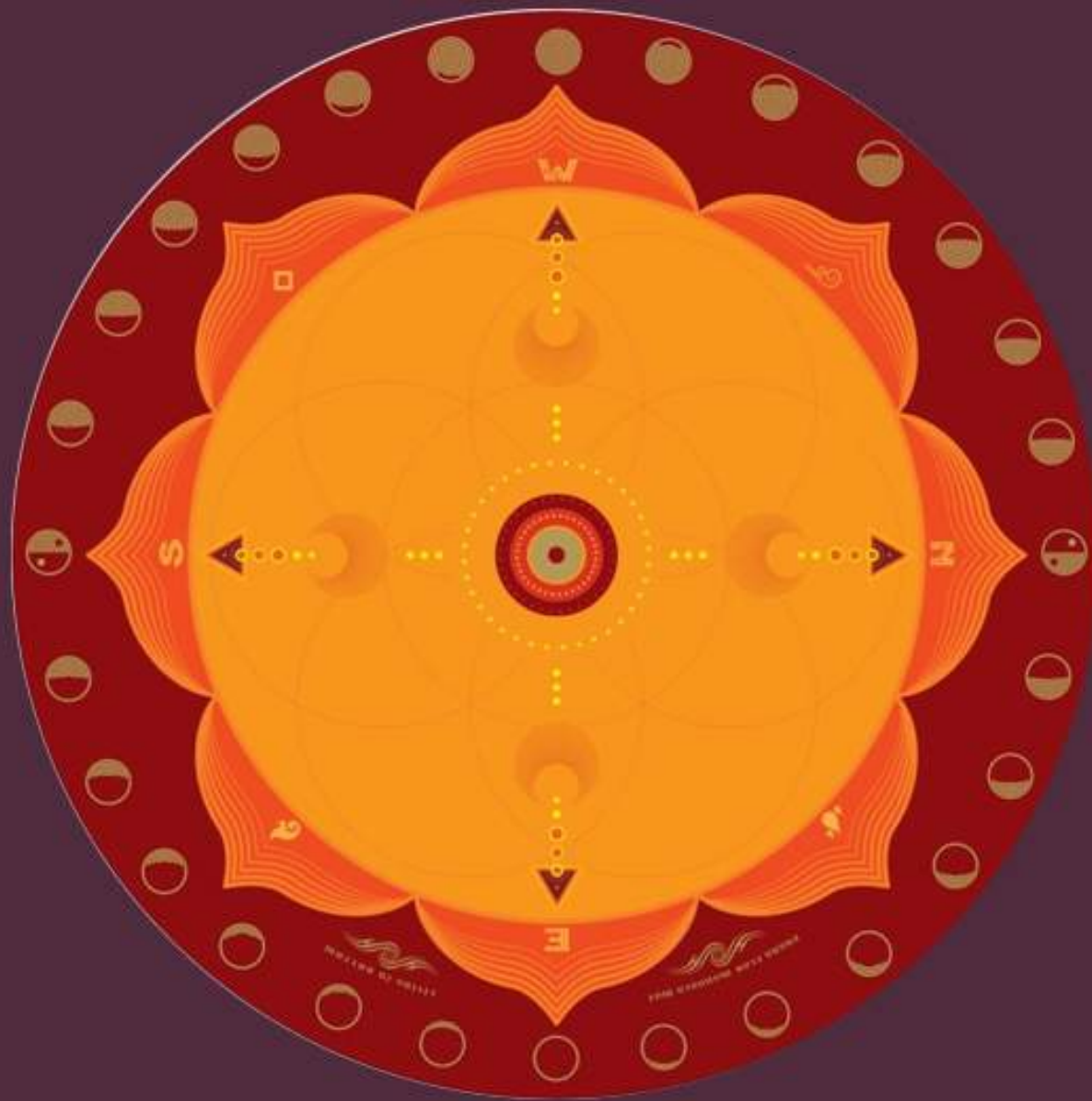


VINYASA AS LIFE-REGENERATION

*Be inspired, grounded, stimulated by
an effective daily, weekly, monthly, seasonal
collective journey in your rhythm*

*Experience vinyasa as a solar-lunar movement
alchemy to embody and live what you offer to
the world.*

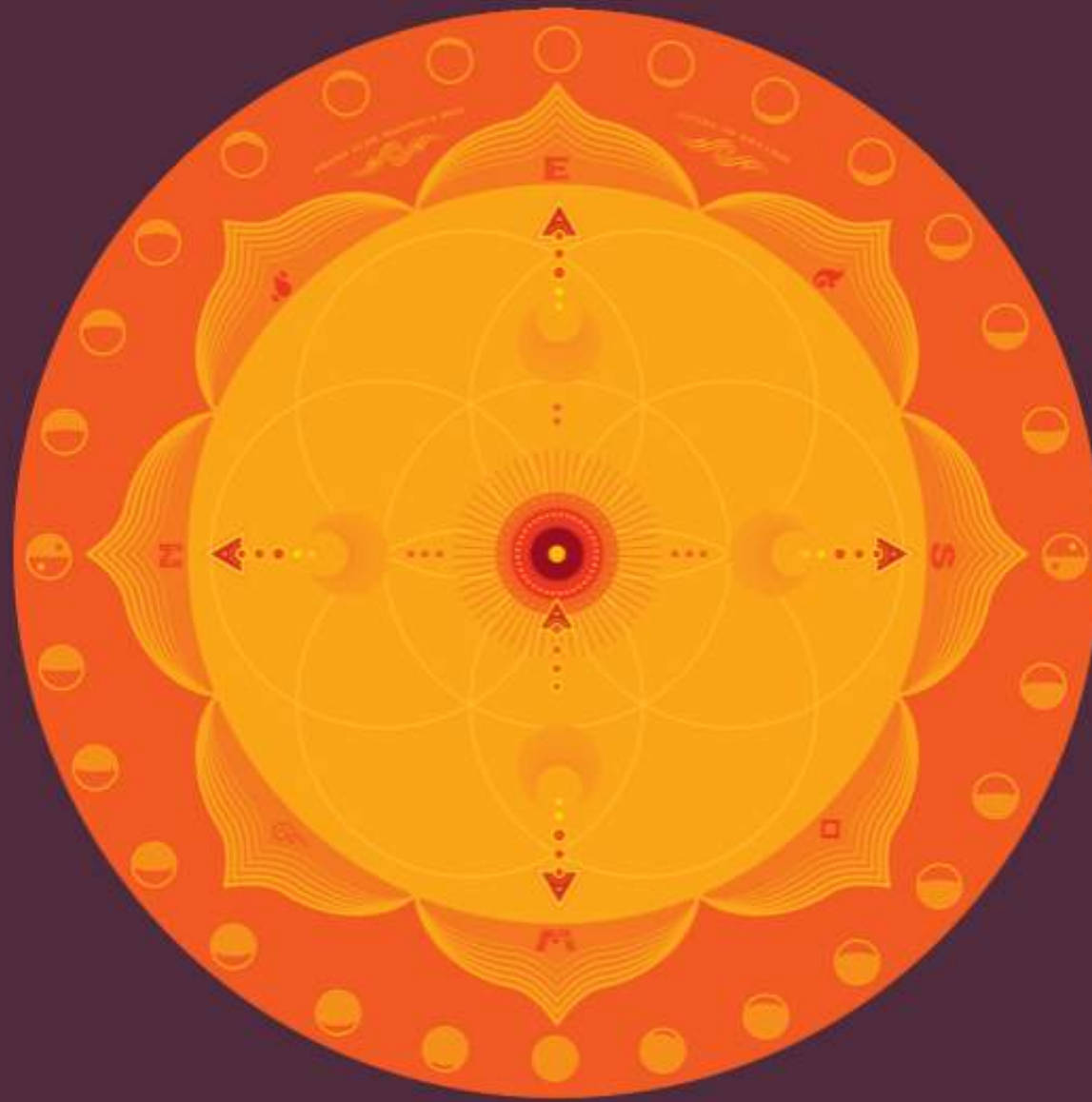
*Come as you are in a safe, loving, non-
judgemental global circle where your vinyasa
can support, challenge and empower your
evolution.*



SACRED TRAINING PASS

EXPERIENCE OUR FOUNDATION GUIDED
PRACTICE JOURNEY TO TEND THE FIRE OF YOUR
LIFE-FORCE.

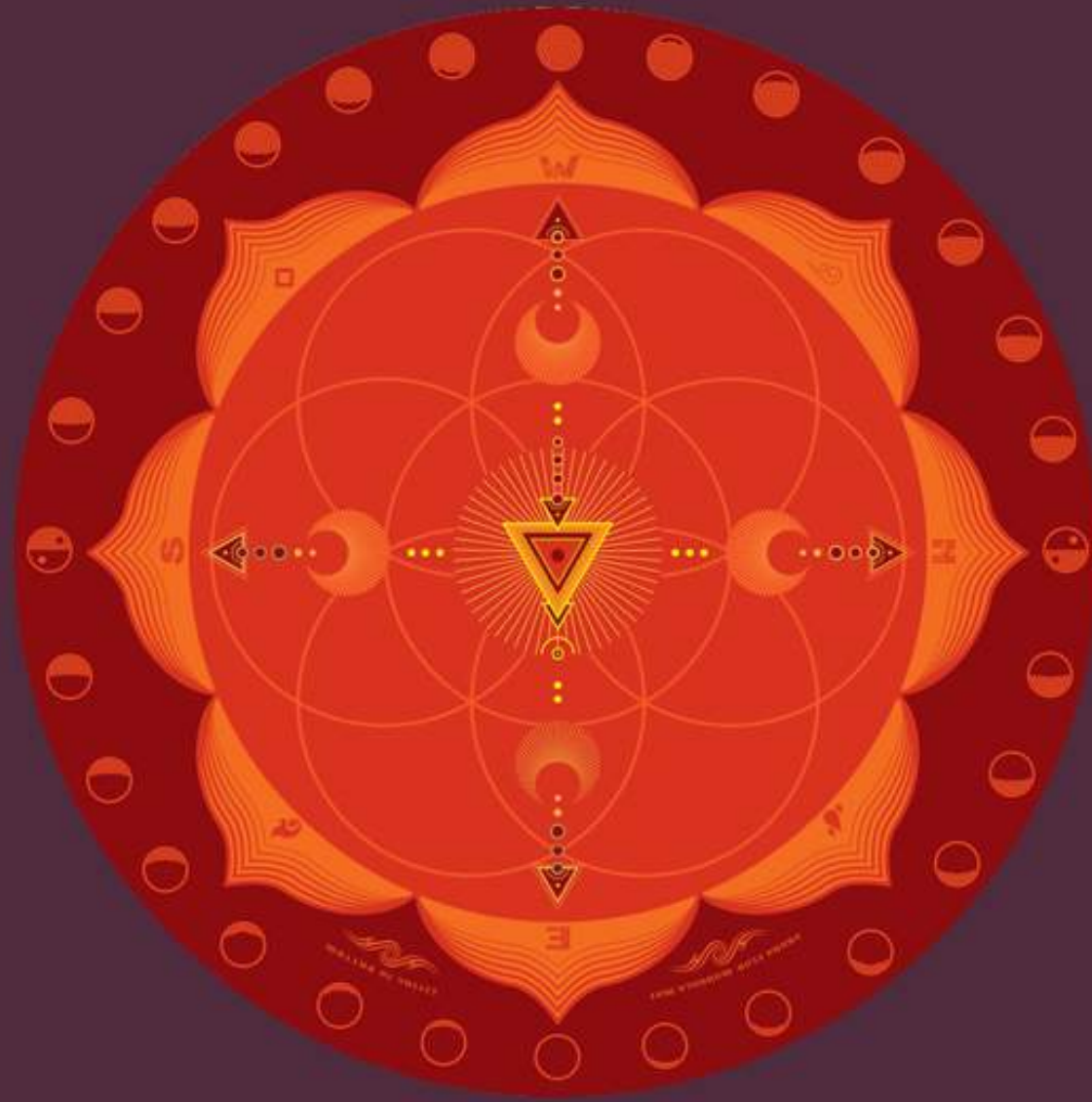
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LIVING YOGA SOULFUL WELLNESS JOURNEY

EXPERIENCE OUR FULL-SPECTRUM JOURNEY +
NEW APP THAT ENCOMPASSES ALL OF THE
PRANA VINYASA OFFERINGS IN THE MONTHLY
JOURNEY.

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TEACHER'S PATH

YOUR INSPIRATION HUB FOR TEACHERS ON THE PATH. THIS IS BOTH FOR CONTINUING EVOLUTION AND FOR OUR MEMBERS WHO ARE IN OUR 300-HOUR (RYT) CERTIFICATION. ADDITIONAL HOURS FOR 200 RYU AND YA CE CREDITS AVAILABLE..



SPECIAL JOURNEYS

SEASONAL CLASSES
+ COURSES



LIVING YOGA WEEKLY RHYTHM

SATURDAY

ENJOY ON APP: SOLAR RHYTHMIC PRANA VINYASA

SUNDAY

NAMASKAR OF THE WEEK

MONDAY

LIVE ONLINE SACRED TRAINING

TUESDAY

ENJOY ON APP: NAMASKAR OF THE WEEK

WEDNESDAY

ENJOY ON APP: SACRED TRAINING

THURSDAY

JUICY LIVE PRACTICES + TEACHERS LABS

FRIDAY

RITUAL PRANA FLOW SPECIAL PRACTICE DAY

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SACRED TRAINING

LIVE MON 10

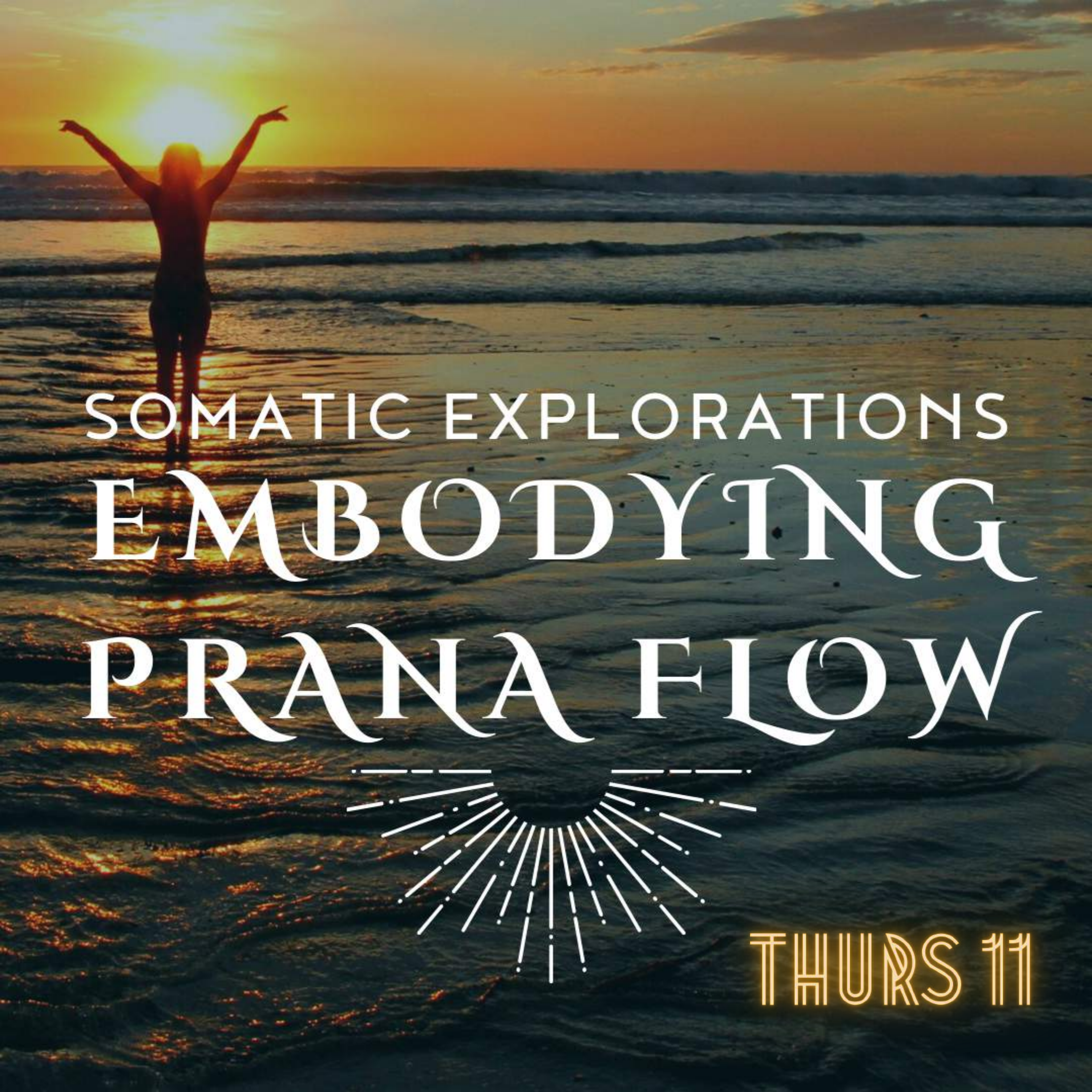


YOGA ALCHEMY

MOVING WITH
EMOTIONS



THURS 10



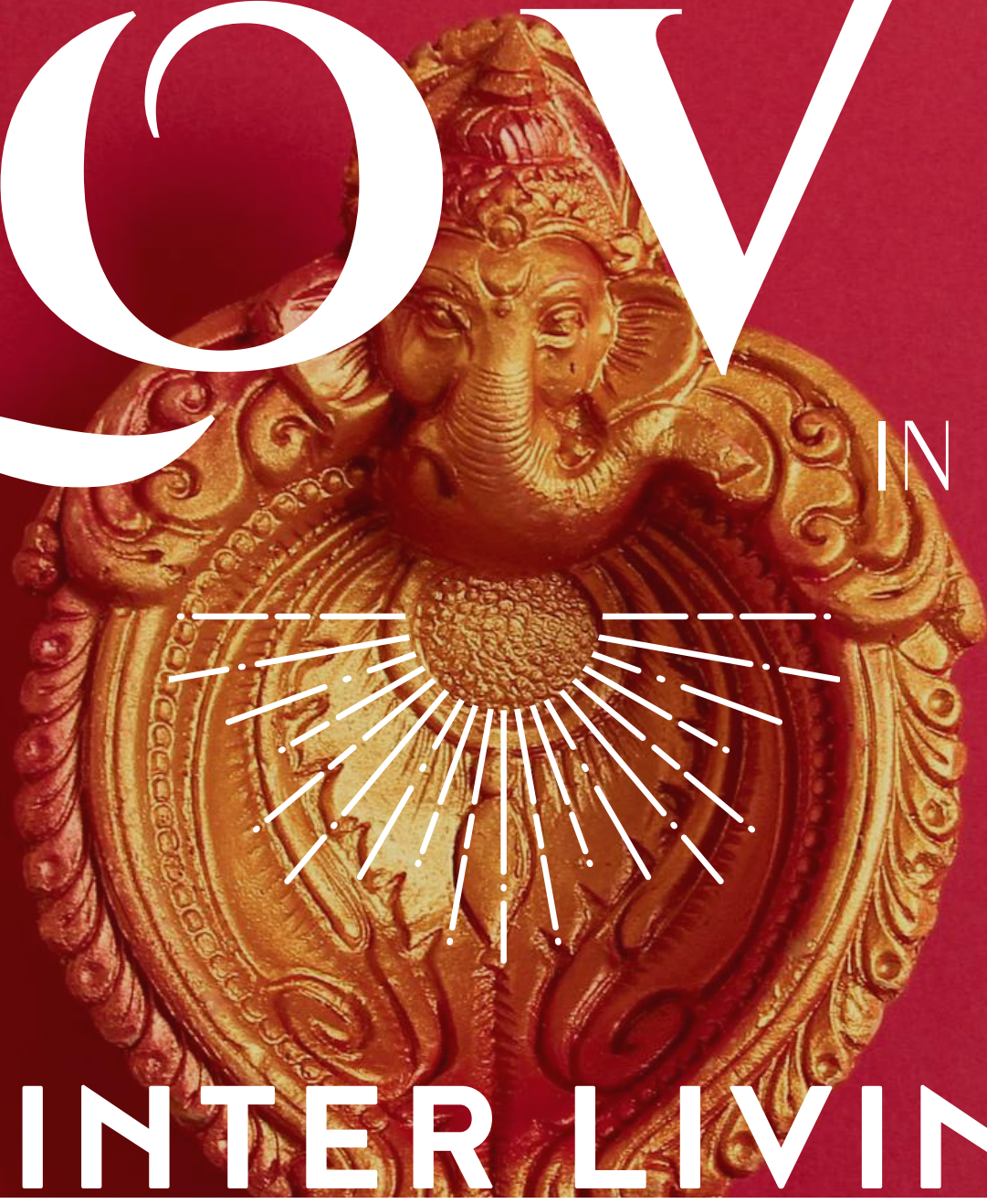
SOMATIC EXPLORATIONS
EMBODYING
PRANA FLOW



THURS 11

FEB -MAR
Live Living Yoga
Pass

EMBODYING
LOVE
IN SOULFUL
TIMES



WINTER LIVING
YOGA JOURNEY

EMBODYING LOVE

IN SOULFUL TIMES -

THURSDAY LIVE OPENING PRACTICES + TEACHERS LABS

FRIDAY New Moon Chandra Namaskar for Generating Rasa

SATURDAY SOLAR HEART RHYTHMIC VINYASA

SUNDAY NAMASKAR - MOVEMENT MEDITATION

MONDAY **LIVE. SACRED TRAINING.** - SENSUAL CORE

TUESDAY NAMASKAR - MOVEMENT MEDITATION

WEDNESDAY SFRINGARA RASA NAMASKAR

THURSDAY SRINGARA RASA VINYASA

FRIDAY

FEB 8 - 15TH

NEW MOON

WINTER EMBODYING SACRED

OPEN TO ALL

FEB - MAR

8- week Live

Living Yoga

Series Pass

EMBODYING
HEART
INTELLIGENCE

EMBODYING
SRINGARA

SACRED TRAINING

SENSUAL

CORE


SPECIAL COURSES
TEACHER'S
PATH

YOGA ALCHEMY
MOVING WITH
EMOTIONS

SOMATIC EXPLORATIONS
EMBODYING
PRANA FLOW

EMBODYING
KINESTHETIC
INTELLIGENCE


LIVE TH 10-12
LIVING YOGA
AND
TEACHER'S
PATH PASS



INSPIRATION FOR THE
TEACHER'S PATH

TEACHING LAB

LIVE TH 11:30

An aerial photograph of a yoga class on a sandy beach. The participants are arranged in a circular pattern, performing a yoga pose. The sun is low in the sky, casting long shadows. A white sunburst graphic is centered at the bottom of the text.

PRANA
MANDALA
VINYASA

LIVE BEGINS
APRIL 15

TEACHER'S PATH
BEGIN FEB 1ST OR
APRIL 15TH
PERSONAL
EVOLUTION OR 300
HR OR IND. STUDY

LOVE THE WAY YOU
MOVE * EMBODY
WHAT YOU TEACH





VINYASA AS LIFE-REGENERATION

*Thank you for being a PULSE member
and being connected on the path.*

New HUB www.shivarea.love

if you have any questions,

CONNECT

or email us at

teachertrainings@yogadventures.com

Bless your path!