

TriYogathon with Kaliji

9-hour perfectly paced practice

August 27 - 29, November 19 - 21

Friday, 7:30 - 10 pm Basics, Level 1 \$35/\$30

Saturday, 1 - 4 pm Levels 1, 2 \$45/\$40

Sunday, 1 - 4:30 pm Levels 2, 3 \$50/\$45

Entire program: \$125/\$110 KRIYA

Preregistration required

Teacher Training

Weekend Intensives

with **Kim Beecher, D.C.** and **Terri Richards**

- Gain a deeper level of practice and understanding.
- Experience the qualities inherent in yogaflow® such as wavelike movements, relaxation-in-action, economy of motion, and synchronization of movement, rhythmic breath and focused mind.
- Learn how to use the Flow manual.

August 20 - 22 Basics

October 8 - 10 Level 1

November 5 - 7 Level 2

Everyone is welcome. Partial registration accepted.

Preregistration required.

Friday, 7:15 - 10:15 pm • \$40/\$35

Saturday and Sunday, 12:30 - 5:30 pm

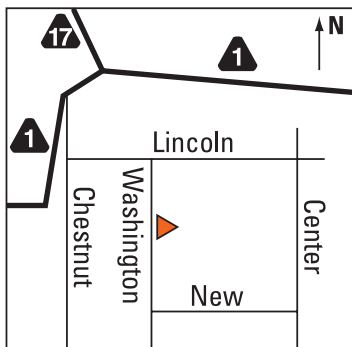
\$65/\$60 each day

All 3 sessions: \$160/\$150

For more information on teacher training, visit triyoga.com or contact the TriYoga office.

Additional programs will be added. Check for dates.

TriYoga Center
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TriYoga International

a nonprofit organization

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