

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

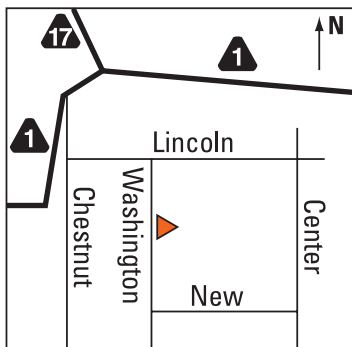
\$65/\$60 each day

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
708 Washington Street
Santa Cruz 95060
831-464-8100



TriYoga International

a nonprofit organization

PO Box 6367, Malibu, CA 90264

310-589-0600 • fax 310-589-0783

info@triyoga.com • triyoga.com