

If you are not interested in lowering your stress, increasing your strength, flexibility and overall energy, or quieting your mind ... stay far away from TriYoga practice.

Chris Bratt
Builder, Photographer - Santa Cruz, CA

I started Tri yoga when my youngest son started kindergarten and Andrew is now in law school! TriYoga has been incredible for both my body and my mind. I ran and played tennis competitively for over thirty years and I credit Tri yoga with keeping me injury free during that time. Yoga has also helped to quiet my mind and allow me to reduce the stress of everyday life. If you are thinking about starting a yoga class, my advice to you is come to a TriYoga class... you will be very glad you did.

Fondly, Gail Michaelis-Ow

Twenty years ago I discovered Kali Ray TriYoga and knew this was the yoga for me. There are many classes to choose from, the teachers are extremely clear, helpful and gentle. The Center has a beautiful large space with a variety of props to use. My mind and body are happy, healthy and flexible. I am 68 years old and cannot imagine my life without TriYoga. I LOVE IT!

TERRIE
SANTA CRUZ, CA