



Kali Ray TriYoga®



TriYoga with Kim Beecher, D.C. (Nandi)

Art and Science of Yogaflow®

April 16, 17, & 18

Lake Oswego, Oregon

TriYoga will be presented systematically in this weekend intensive. Founded by internationally acclaimed yogini, Kali Ray (Kaliji) and now taught in over 30 countries, TriYoga is a complete method that includes the full range of yoga practices. In TriYoga Flows, breath and focus are united with moving and sustained postures. Experience the inner flow of prana as the movement of body, breath and mudra harmonize. Practice PranaVidya, the trinity of breathing practices, concentration techniques and meditation.

Nandi has studied with Kaliji since 1986. She is on the TriYoga teacher training staff and is a practicing chiropractor in Santa Cruz, CA. She also teaches human anatomy. Nandi is increasingly in demand, in both the USA and Europe, to teach TriYoga.

TriYoga.com



Friday 6-9 pm \$40/\$35

Saturday 10 am-3 pm \$65/\$60

Sunday 10 am-3 pm \$65/\$60

Full Tuition \$160/\$150

(Reduced Fee for KRIYA members)

All are welcome

Plan to stay for a casual visit with Nandi & workshop participants after the Saturday session. A light Vegan snack will be provided

LOCATION

Oswego Heritage House

398 10th Street

Lake Oswego, Oregon 97034

TO REGISTER

Contact Barbara Fisher

503-636-3153

lanefisher@comcast.net

Preregistration is requested

Confirmation & Directions will follow