

# KASHI RAY TRIYOGA

intensives  
MAY JUNE JULY



TAUGHT BY KASHI  
Senior TriYoga Instructor

## Level 1 Flows

Also known as the Earth series. We continue to deepen and refine understanding of the core alignments presented in Basics while introducing new flows and postures. The postures and flows release the blocks and tensions in the physical body, the heart opens and one comes face to face with Divine Nature and can reside in bliss.

## Partner Yoga

This is a wonderful way to deepen your practice and understanding by sharing with a partner. We begin with a gentle flow to warm up the body and prepare for the deeper stretches. A partner helps one to go deeply into a posture while giving support to increase flexibility and relaxation. This class is appropriate for all levels as well as for teachers. Learn how to safely assist your students with correct alignment guidance.

## Free the Hips and Spine, Levels 1 & 2

We begin by focusing on postures and flows that free the physical tensions in the hips to toes creating greater health and vitality in the pelvic region, hips, legs, feet and toes. Once the tensions in these areas are released we can move into the spine focusing on the wavelike spinal movements that are unique to TriYoga. The flows increase strength, flexibility and energy in the spine as well as the chest, abdomen, shoulders, arms and hands.

## PranaVidya

The knowledge of life-energy, Prana Vidya includes the trinity of breathing sequences, concentration techniques, and meditation. Presented systematically, these practices develop better health, mental clarity and inner peace.

## TriYoga® Intensives

### Blue Haven Studio of the Arts

7151 Wilton Avenue (near High St.)  
Suite 103 (parking at Rite Aid)  
Sebastopol

May 28 - Level 1 Flows

June 11 - Partner Yoga

July 2 - Free the Hips & Spine

All intensives include PranaVidya

Time: 1:00-4:30

Cost: \$40  
couples \$70

To Register: 318-6538  
kashi@yogawithkashi.com  
www.yogawithkashi.com

TriYoga interns working towards  
certification can receive full credit hours  
in these intensives.

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