

Practical experience report: TriYoga® Flows with Kali Ray



August 24, 2009, Kali Ray, founder of TriYogaFlows was in Berlin and lead a 3 hour workshop. The studio TriYoga Berlin organized this meeting more so for their own students, thus this event with approx. 20 students was more personal and intensive. Petra Schöenberg joined from yogaservice.

The brilliant Kali Ray, dressed all in orange started the workshop with the words: “ Life comes in waves. Even the spine is a wave.” She calls these waves *Flow* and describes it as the universal harmonised energies that manifests in any form as threefold energy. In hatha yoga these are physical exercises (asana), breathing practices (pranayama) and certain hand gestures (mudra) that awaken, balance and let the universal energy flow unhindered. The ancient yogis saw the trinity in their divine trimurti, the form of brahma, the creator, vishnu the sustainer and shiva the destroyer. The three manifest also in their female form... Sarasvati, for knowledge, that is activated in the mantra AIM; Lakshmi, bliss, chanted with the mantra SHREEM; and Kali...she represents purification. Her mantra is HREEM.

This is for the theoretical background.

Indeed the flowing, often wavelike transition from one yoga posture to the next are the characteristics of this 1980 created style. Through the union of motion, pranayama and mudra it is possible to dive deeper and deeper into the flows and to come back to the inner center.

Awareness and concentration, strength and flexibility are likewise aided. To release power and control combined with awareness in motion, Kali uses the form: “economy of motion” leads to “relaxation in action” as it is called in the original.

As the creation of the TriYoga Flows is amazing and well known and also possible to read all over, I was eager to meet the swamini initiated in the Jayalakshmi Datta Avadhoota lineage.

The workshop started with chanting and we were chanting OM GAM GANAPATAYE NAMAHA and DURGA SHAKTI MA.

Then we found the way into the yoga practice with simple Flows of halben Liegestützen (cat’s bow), halben Ausfallschritten (half runner) und Ausfallschritten (extended runner).



Foto: Kali Ray in "runner"

Each flow is minimally repeated 5 times. Unfamiliar for those less experienced in TriYoga are the English names (mountain for downward facing dog, monkey for the standing forward bend) and the handling of blocks, cushions and blankets. The movements are slow and flowing. I had the impression that the alignment is less important than the coordination of the movement. One senior teacher of Kali Ray went through the room and gave here and then instructions. Kali Ray observed, practicing on her mat with two more advanced students on her side.



Foto: Kali Ray in "extended mountain"

After the warm-up it continued briskly (lively, fast) in Spagat (Hanumanasana). There was an option for half hanuman asana. Followed by Königstaube (kings-pigeon) (Eka-Pada-Kapotasana) with different arm variations and half twist einen Halben Drehsitz (Ardha-Matsyendrasana II), combined with the breathing technique, kapalabhati, a shoulderbridge (Setu Bandha) with support, and a final reclined twist. Yoga nidra was lead in Supta Baddha-Konasana (Liegender Schmetterling)(reclined butterfly). The time flew. After the warm up the asanas were held for long time with props. The workshop ended with alternating nostril breathing (Nadi-Shodhana-Pranayama) and meditation.

During meditation I took the chance to look at Kali Ray and saw her in tremorous movements and hand gestures with a blessed smile on her face in the lotus seat.

I asked myself: Was this the kundalini shakti energy that raised in her over 20 years ago and revealed the flows? And Kali Ray left me behind with the incomprehensible and everlasting smile in her face.

[Petra Schönenberg](#)

Zum Thema

[Web-TV-Interview auf yogaservice: 4 Fragen an Kali Ray \(TriYoga Flows\)](#)

[Offizielle Webseite TriYoga Flows](#)

[Studiofinder: TriYoga-Lehrer und Studios in Deutschland](#)