

TriYoga® Prasāra with Yogini Kaliji

Yogaflow® of Asana, Pranayama & Mudra

Chant Club® ~ kirtana and jnana

March 15, 2010 ~ Boston, MA

TriYoga Prasara is the prana-inspired flow of asana, pranayama and mudra. The trinity flow of body-breath-mind emerges based on the principles of rhythmic breath and body, economy of motion, relaxation-in-action and wavelike movements. Feel increased energy and more expansive awareness.

Time

Mon. 6:30-9:30pm

Tuition

\$50/\$45

(reduced fee for KRIYA* members)

Location

First Parish in Waltham
50 Church Street
Waltham MA 02452-5506

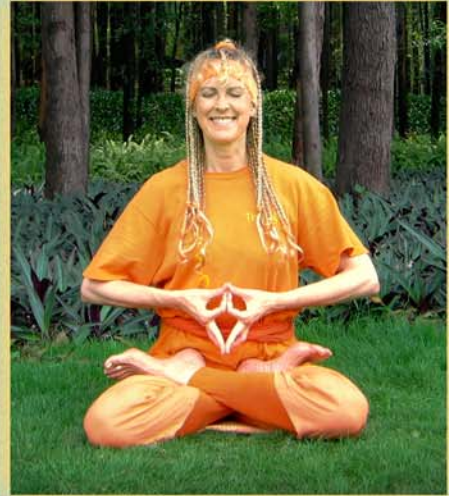
Local contact: Brahmi
781-863-1566

To Register

TriYoga
PO Box 6367, Malibu CA 90264
310-589-0600 • fax 310-589-0783
info@triyoga.com • triyoga.com

Confirmation and directions
will follow.

TriYoga International
(a nonprofit organization)



Kaliji is internationally renowned as a yogini and founder of TriYoga. She has presented 33 keynote addresses at yoga conferences. Guided by kriyavati siddhi (kundalini-inspired hatha yoga), she has systematized asana, pranayama and dharana, and over 1000 hasta mudras have expressed through her. TriYoga is now taught in over 30 countries. Kaliji's presence, her mastery of the flow and the ageless wisdom inherent in TriYoga have inspired countless people worldwide.