



TriYoga Fall 2010 Workshops

*Perfect opportunities to immerse deeply into the practice.
Enter the inner flow through the breath, postures, flows and meditation.*

Restorative TriYoga (Basics & Level 1) with Gerry Tuten

Saturday, October 23, 9am-12pm

Deep and restful sustained postures (from TriYoga Basics and Level 1) provide the body-mind an opportunity to renew and heal. Experience a restorative practice designed to release tension. Awaken self-awareness and move into a deeply peaceful state.

TriYoga Flow Intensive (Levels 1 & 2) with Emily Dozor

Sunday, November 14, 9am-12pm

Experience the Earth and Water levels: the second and third levels of TriYoga practice. Flows and postures are systematically refined and more challenging and longer flow sequences, dynamically sustained postures, and breathing practices are introduced.

TriYoga for Injury Prevention and Rehabilitation with Rebecca Swinden

Friday, December 3, 6:30-9:30pm

All of us have, at times, had to cope with physical injuries or been afraid of injuring ourselves due to a variety of limitations and conditions. This slower-paced workshop will include time to release and restore. It will focus on injury prevention and healing specific injuries, including learning how to flow even when one is injured and how the body-mind can be assisted through the use of props, mantras, and other yogic tools/techniques. Channel the healing process through awareness of the flow!

\$35 each / \$90 for three / pre-registration required

For more information or to register, please contact us at 610-664-6446 x3

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