



TriYoga Winter/Spring 2010 Workshops

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

Basics Intensive with Rebecca Swinden

Saturday, February 27, 9am-12pm

Experience a complete practice that gently strengthens core alignments, promotes physical health, encourages energy to flow, and creates a deeply peaceful and joyful state.

Náma Sankírtana (Chanting) with Citriní (Christine) Ware

Saturday, March 6, 5:30-7pm (no charge)

Call-and-response chanting, accompanied by the harmonium. Absorb the sound vibrations.

Basics/Level 1 Free the Spine with Emily Dozor

Sunday, March 21, 12-3pm

Focus on spinal wavelike movements, increasing strength and flexibility in the spine, chest, abdomen, shoulders, arms, wrists and hands. Move energy through the subtle body.

Level 1 Free The Hips with Gerry Tuten

Saturday, April 17, 9am-12pm

Focus on postures and flows that reduce physical tension and tightness from the hips to the toes, creating greater health and vitality in the pelvic region, hips, legs, feet and toes.

\$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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