



TriYoga®

with John and Stephanie



TriYoga Center of Philadelphia, PA

September 3 - 6

Friday:

- 9 - 12 pm - Salutations (All levels) \$40/35
- 1 - 4 pm - Intro to Sanskrit (part 1) \$40/35
- 6 - 9:30 pm - TriYoga Flow (Basics) \$45/40

Sunday:

- 10:30 - 2 pm - Free the Hips (Level 2) \$45/40
- 2:30 - 6 pm - Free the Spine (Level 2) \$45/40

Saturday:

- 10:30 - 2 pm - Free the Hips (Level 1) \$45/40
- 2:30 - 6 pm - Free the Spine (Level 1) \$45/40

Monday:

- 9 - 12 pm - Partner Stretch \$40/35
- 1 - 4 pm - Intro to Sanskrit (part 2) \$40/35

Saturday, 7pm: catered dinner at Citrini and Chris' home - \$22.
Please pre-register and pre-pay by Aug 27.

Certified through Level 3 and members of the TriYoga Teacher Training staff, John Glore and Stephanie Walsh are currently traveling full-time, They have conducted over 350 hours of international workshops and 600 hours of teacher training in China, England, Israel, Moscow and Siberia, Taiwan, Ukraine, and across the United States.

Location: TriYoga Center of Philadelphia
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www.mindbodyservices.com

Register and pay through TriYoga International:
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