



Levels 2 & 3 Extended Practices with Citrinī

Saturday, January 14, 11am - 1:30pm

Sunday, February 12, 1:30 - 4pm

Saturday, March 24, 11am - 1:30pm

Level 2 is the Water level and Level 3 is the Fire level of TriYoga Flows. In these series, flows and postures learned in earlier levels are systematically refined, while more challenging and longer flow sequences and dynamically sustained postures which increase strength and flexibility are introduced. Level 3 practices are particularly energizing and heat-producing. During these extended practice opportunities, there will be extra time for deep Yoga Nidra, Prana Vidya, and Meditation practices.

For one: \$30 in advance* / \$35 at the door

For three: \$70 in advance* / For two: \$50 in advance*

*** register and pay 1+ week in advance of the first workshop**

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

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