

**TriYoga® Center of Philadelphia  
at Mind-Body Services**

301 West Chester Pike, Suite 102, Havertown, PA 19083 | 610-664-6446 | www.mindbodyservices.com

---

**CLASS SCHEDULE - WINTER 2010 (revised 2/15/10)**

Day	Time	Level	Teacher
Monday	4:30-6 pm	Basics	Rebecca
Monday	6:30-8 pm	Intro to Level 1 *	Rebecca
Tuesday	9:30-11 am	Basics / Level 1 *	Gerry
Tuesday	5:45-7:15 pm	Level 2 **	Citrini
Wednesday	12-1:30 pm	Level 2 / 3 **	Citrini
Wednesday	6:30-8 pm	Basics	Bashanti
Thursday	5:45-7:15 pm	Basics	Citrini
Saturday	9-10:30 am	Basics <sup>Δ</sup>	Rebecca
Saturday	11 am-12:30 pm	Level 1 * <sup>Δ</sup>	Rebecca
Saturday (1x/mo.)	11 am-5 pm	Level 2 <sup>^</sup>	Citrini

\* TriYoga's Level 1 is the second level taught in TriYoga practice. Beginners, those seeking a restorative practice, and those new to TriYoga would be advised to start in Basics classes, the first level of TriYoga practice.

\*\* Prior TriYoga experience is required for Levels 2 & 3. Please contact the studio if unsure which level class to attend.

<sup>Δ</sup> Due to occasional weekend programs, Saturday classes may be cancelled. Please contact the studio or visit the website for information about special events and schedule changes.

<sup>^</sup> Pre-requisites must be met and pre-registration and commitment to attend monthly programs throughout the year is required.

**FEES**

Because yoga teachings are considered priceless, classes will be offered according to *seva*, meaning offering or service for the benefit of others. This is the essence of karma yoga, the yogic practice of selfless service. **The amount you pay will be determined by the value you place on the teachings and by what your financial circumstances permit.** Through the practice of *seva*, students support the teacher and the center, allowing the teacher to provide the teachings and the studio to operate financially. Please remember that your donation will be used to financially support the teacher and the expenses involved in running the center (e.g., electricity, water, mortgage, insurance, taxes, township and state fees, etc). **For this arrangement to be mutually beneficial, you are asked to seriously consider what you are able to give for the teaching.** Please insert your donation in the *seva* container; no one will know what you gave except you. (Note: if you require a receipt, please give payment directly to the teacher and ask for a receipt for the exact amount).

<p><b>Suggested donations for group classes:</b>          Single class = \$15-20          10 classes = \$12-15 per class (= \$120-150)          20 classes = \$10-12 per class (= \$200-240)</p>
--

# TriYoga® Center of Philadelphia at Mind-Body Services

301 West Chester Pike, Suite 102, Havertown, PA 19083 | 610-664-6446 | [www.mindbodyservices.com](http://www.mindbodyservices.com)

---

## CLASS DESCRIPTIONS

*TriYoga*, founded by Kali Ray, is a complete hatha yoga method. In the *TriYoga Flows*, breath (pranayama) and focus (mudra) are united with flowing and sustained postures (asana) in systematized sequences. Since the method is systematic, students can progress from Basics to Level 1 and then to subsequent levels as they increase their flexibility, strength, endurance and knowledge of the method. Through sustained awareness on all aspects of the practice, the inner flow naturally emerges. This trinity practice is by the nature of its origin, deeply meditative and transformative. The *Flows* are unique in their distinctive and systematic sequencing, the wavelike spinal movements, the emphasis on economy of motion, natural alignment, and pacing, and the systematized breathing practices, concentration techniques and meditation. For more information on Kali Ray and TriYoga please visit [www.triyoga.com](http://www.triyoga.com) and [www.devipeetham.com](http://www.devipeetham.com).

**Basics:** For those new to TriYoga, those who want to strengthen their core alignments, or those who would like a gentle, restorative class. Basics is the necessary foundation for all classes. It is also a complete practice in itself. Basics introduces core alignments, wavelike spinal movements, and the principles of flow. Beginners to advanced students can benefit as core alignments are refined, strength and flexibility is increased in all areas, and breath awareness is developed. Bolsters, pillows and props can be used to ensure comfort and alignment.

**Levels 1, 2, & 3:** Each level (from 1 to 7) includes five series that gradually progress to teach all of the postures of that level. Beginning with Basics, each level is a prerequisite for the next level. If you have been practicing yoga for some time, but are new to TriYoga, please contact the studio or contact me to discuss which level is most appropriate.

**Level 1, the Earth series:** This is the second TriYoga level and the next step up from Basics. New flows and postures are introduced, while core alignments presented in Basics classes are deepened and refined.

**Level 2, the Water series:** Flows and postures learned in Basics and Level 1 are systematically refined, while more challenging and longer flow sequences, dynamically sustained postures, and breathing practices are introduced.

**Level 3, the Fire series:** This practice focuses on advanced flows and postures to increase strength and flexibility. It is a dynamic and energizing flow, creating heat through the inner fire that dissolves impurities in body and mind.

**Prenatal, Teens, and Kids TriYoga:** At this time, we do not have enough interest to have dedicated prenatal, teen, and kids classes. Pregnant students and adolescents or mature children are welcome to come to any class, as classes can be easily adapted to special needs. Special sessions can also be arranged with enough interest. Prenatal, teen, and kids classes include traditional TriYoga practices such as flowing and sustained postures, rhythmic breathing practices, and concentration (e.g., guided visualizations), meditation, and relaxation practices. Classes help students learn to respect and listen to their own bodies and internal wisdom. Prenatal classes also help expectant mothers journey through the trinity of pregnancy, labor, and delivery. Prenatal yoga provides an opportunity for developing greater awareness of the body as home for two, as well as deepening one's relationship with one's baby.

**Private Sessions:** For those wanting individualized attention. Private yoga, pranayama, and meditation sessions are available. Please contact the studio for more information, for fees, and to schedule.

**Teacher Training:** For those interested in becoming certified TriYoga instructors. Please contact the studio for more information.

**The schedule is subject to change.**

**Please check our website for updates and for biographies of instructors, special classes, and more information.**