

**TriYoga<sup>®</sup> Center of Philadelphia  
at Mind-Body Services**

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

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**CLASS SCHEDULE - WINTER 2012  
January 2 - March 10 (10 weeks)**

Day	Time	Level	Teacher
Monday	6:30-8 pm	Level 1 *	Binaka
Tuesday	9:30-11 am	Basics / Level 1	Gerry
Tuesday	5:45-7:15 pm	All Levels	Citrini
Wednesday	10:30 am - 12 pm	All Levels	Citrini
Wednesday	6:30-8 pm	Basics	Gerry
Thursday	10:30 am - 12 pm	Yoga for Mood Regulation **	Citrini
Friday once/month	6:30-8:30 pm	Full Moon Trinity Practice <sup>Δ</sup>	shared
Saturday	9-10:30 am	Basics / Level 1	Binaka

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

\*\* Yoga for Mood Regulation is a class that requires a meeting with and permission of the instructor prior to the first class. Please contact Citrini to schedule this "intake."

<sup>Δ</sup> The Friday evening Trinity Practices will occur once/month on the Friday nearest the full moon. During the fall/winter sessions, these Fridays will be January 6, February 10, and March 9. These classes are *seva* (i.e., donation) classes. No pre-registration is required.

### TUITION

Winter Session: Jan 2 - March 10 (10 weeks)

Session registration for 1 class/week: \$125

Flexibility package: \$54 for any 4 classes to be used within 4 weeks

Unlimited classes: \$300

\$15 single class (drop-in)

**\*\* \$10 discount on Winter Session for registration/payment by Dec 24\*\***

Pre-registration requested. **Payment must be received to register and hold a space.** Payment (cash or check only) is expected by the first class. New students must send their contact information (i.e., name, address, phone, email) along with payment. **You are welcome to join classes at any time;** after a session has begun, tuition will be prorated. No registrations are accepted in the last 3 weeks of a session; please pay the drop-in fees for those weeks. No refunds will be made once classes have begun. Missed classes may be made up within the same session by attending a different class or by bringing a friend to class. A minimum of 3 registered students is required to hold a class. ~ The \$10 early registration discount is on the total payment (*not* \$10 per class/week). ~ With presentation of valid ID, students and seniors (age 65+) can receive a reduced registration rate of \$115 for 1 class/week or \$280 for unlimited classes in the Winter Session.

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## 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:** 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 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.

**Yoga for Mood Regulation:** Classes involve TriYoga practices designed to balance moods and reduce depression & anxiety. Practices are designed to enhance one's connection to one's true nature, to others and to the universal, as well as increase compassion, acceptance, equanimity, and self-awareness. Joining the class requires a meeting with and permission of the instructor, Citrini (Dr. Christine Ware), prior to the first class. The class is complementary to therapy, medication, and other mood stabilizing treatments, but is not designed as a replacement for treatment.

**Full Moon Trinity Practice:** A quiet, centering practice designed to promote and deepen the meditative atmosphere through a threefold emphasis on posture, rhythmic breathing techniques, and meditation. Because there will be minimal alignment instruction and assistance from the teacher, experience in TriYoga Flows and breathing practices is recommended. This once/month class will occur on the Friday nearest to the full moon and will be a donation (*seva*) class.

**Prenatal TriYoga:** Schedule to be arranged according to interest. Prenatal classes help expectant mothers journey through the trinity of pregnancy, labor, and delivery. They provide an opportunity for developing greater awareness of the body as home for two, as well as deepening one's relationship with one's baby. Gentle postures, breathwork, visualization, vocal and pelvic toning, and meditation cultivate flexibility, strength, calm and confidence in preparation for labor and childbirth. The practice helps to tone the pelvic region, open the hips, strengthen and increase mobility of the back, and improve respiration. Enhance relaxation, comfort, and enjoyment. Increase joy and flexibility. Prepare for an active birth.

**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.

The schedule is subject to change.

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