



Full Moon Trinity Practices

**Fridays: January 6, February 10, and March 9
6:30 - 8:30pm**

These once/month classes will occur on Fridays nearest to the full moon. They will be quiet, centering practices 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.

By donation (seva)

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

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