



## TriYoga Workshops with Theresa



*Perfect opportunities to immerse deeply .  
Enter the inner flow  
through breath, postures, flows and meditation.*

*~ Come celebrate the birthday of TriYoga's founder, Kali Ray,  
with our guest teacher, Theresa Shay ~*

**Sat, April 11**

**1-3:30pm**

**Basics Yogaflow & Prana Vidya (\$30; \$35 online)**

**3:30-5pm**

**Kirtan (free)**

**Sun, April 12**

**10am-2pm**

**Level 2/3 Yogaflow & Prana Vidya (\$45; \$50 online)**

*~ all are welcome ~*

Theresa Shay returns to the Philadelphia area where her love for TriYoga first germinated in 1995 thanks to Kashi (Carolyn Armstrong). Theresa is a senior-level TriYoga teacher who has studied closely with TriYoga founder Kali Ray for 20 years. Theresa has taught yoga in the USA, India, and Venezuela and is the founder of our sister center, TriYoga of Central Pennsylvania, a nonprofit organization devoted to teaching TriYoga to students and developing teachers.

**Pre-registration requested**

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

TriYoga® Center of Philadelphia, 301 West Chester Pike, Suite 102, Havertown, PA 19083  
[www.mindbodyservices.com](http://www.mindbodyservices.com) / 610-664-6446 x3  
[www.facebook.com/TriYogaCenterofPhiladelphia](http://www.facebook.com/TriYogaCenterofPhiladelphia)