



TriYoga® Workshop

with Lynne Andrews

at Abundance Wellness Center

TriYoga is a unique system of hatha yoga developed by Kali Ray. It is based on flowing sequences in which postures are connected by a wave like motion. This method is the union of posture, breath and focus – which is, asana, pranayama and mudra.

>>> Upcoming workshops will be on Sunday afternoons. <<<

November 8 **Free the Hips & Spine**

Sunday
1:00-3:30pm

This session will begin with a salutation series to warm up the body. Standing postures strengthen the legs while increasing freedom of movement in the hips. A back bending series will be included to improve spinal flexibility. Join us, *in the flow*.

December 13 **At the Wall**

Sunday
1:00-3:30pm

TriYoga has a well-designed system for working on the wall to build strength and flexibility. This fun session will benefit upper and lower body, including shoulders, spine, hips and legs.

Each session will include deep relaxation and guided breathing practices.

Props are available to assist in creating balanced alignment.

Lynne Andrews is a certified TriYoga teacher trainer and senior instructor. A teacher for 24 years, Lynne specializes in postural alignment and guides students to experience an enhanced inner flow of energy.

Workshop fee: \$35 or \$30 if register 1 week before session.

**Space is limited -- pre register to reserve your place,
contact Lynne (omlynn@aol.com) or call 329-7839.**

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