

Free presentation of TriYoga flows, Friday, April 3rd, 7-8pm.



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.

April 11 **Intro to TriYoga -- Free the Hips & Spine**

Saturday Create relaxation in movement. We will practice fluid spinal flows
1:00-3:30pm while moving through one posture into the next. Stretches for hips
and spine are intermixed with relaxation poses. Join us, *in the flow...*

The session will begin with a brief demonstration of TriYoga flows.

Each session will include deep relaxation and guided breathing practices.

Props may be used to assist in creating balanced alignment.

Students of all levels are welcome.

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

Workshop fee: \$30 if register by April 3 or \$35 at the door.

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

**Abundance Wellness Center
325 John Knox Road, Building T
Tallahassee, FL 32303**

www.awc-tallahassee.com

Next workshop Saturday, May 16, 1-3:30pm

"On the Wall" – Stretches for shoulders, hips & spine.