



# 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.

#### July 25 **Free the Spine**

Saturday  
1:00-3:30pm

This session includes a variety of flowing sequences for lengthening the spine and strengthening the back.

#### August 1 **Free the Hips**

Saturday  
1:00-3:30pm

Standing poses build strength and endurance while preparing the body for sustained stretches. Students will benefit by increasing circulation and releasing tension in the lower body.

#### August 15 **At the Wall**

Saturday  
1:00-3:30pm

This fun session has highly useful stretches for upper and lower body including shoulders, spine, hips and legs.

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

**Space is limited – pre register to reserve your place,**

**contact Lynne ([omlynn@aol.com](mailto:omlynn@aol.com)) or Call 329-7839.**

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