



## TriYoga® class

with Lynne Andrews

Wednesdays, 5:45-7:15pm

Akaal studio

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.

**TriYoga flows improve flexibility & strength while increasing joint mobility.**

**Props are utilized to support balanced alignment.**

**Personal assistance is provided.**

*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.*

**Class fee:  
pre paid class, \$15;  
pre pay for 4 classes, \$50;  
drop-in fee, \$18.**

**For more information, contact Lynne,  
[omlynne@aol.com](mailto:omlynne@aol.com) or Call 329-7839.**

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