

Art and Science of Yogaflow®

May 31 & June 1, 2, 2019

Portland, Oregon



TriYoga with Kim Beecher, D.C. (Nandi)

TriYoga will be presented systematically in this weekend intensive. Founded by internationally renowned yogini, Kali Ray (Kaliji) and now taught in over 40 countries, TriYoga is a complete method that includes the full range of yoga practices. In TriYoga Flows, breath and focus are united with moving and sustained postures. Experience the inner flow of prana as the movement of body, breath and mudra harmonize. Practice Prana Vidya, the trinity of breathing practices, concentration techniques and meditation.

Nandi has studied with Kaliji since 1986. She is assistant director of TriYoga teacher training and is a practicing chiropractor in Santa Cruz, CA. She also teaches human anatomy. Nandi teaches at TriYoga Center Santa Cruz, as well as nationally and internationally.

Friday	6-9 pm	\$45
Saturday	10 am-3 pm	\$75
Sunday	10 am-3 pm	\$75
Full Tuition		\$180/\$165*

Prana Vidya ~ First hour each session

Reduced Fee for *KRIYA members
*Kali Ray International Yoga Association

LOCATION

Latika's Yoga Studio
2108 SW Laurel Street
Portland, Oregon 97201

TriYoga International (non-profit)
info@triyoga.com triyoga.com
facebook.com/triyoga

To Register: Fill out the form below and mail to Linda Nelson, 2108 SW Laurel Street, Portland, OR 97201 . Make checks payable to Linda Nelson.
Questions: linda@latikayoga.com or 503-227-1859

Name _____

Phone _____ email _____

Please enroll me in the following : _____ Friday \$45 _____ Saturday \$75 _____ Sunday \$75
_____ All 3 Sessions \$180 Amount Enclosed _____