

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

**Abundance Wellness Center  
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[www.awc-tallahassee.com](http://www.awc-tallahassee.com)

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

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