



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) or Call 329-7839.

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