



TriYoga® Workshop with Lynne Andrews

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.

>>> Upcoming workshops will be on Sunday afternoons. <<<

February 21 **Free the Hips**

Sunday
1:00-3:30pm This session will begin with reclined stretches to increase flexibility in the hips and legs. Flowing postures and asanas will build strength and endurance. Benefits include reduced tension in the lower body.

March 14 **TriYoga Flows**

Sunday
1:00-3:30pm Spinal flows and hip stretches are intermixed with relaxation poses. Emphasis is on establishing breath awareness as we flow through each posture. Sustained poses encourage release of tension. Join us, *in the flow*.

Each session will include deep relaxation and guided breathing practices.

Props are available to assist in creating balanced alignment.

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.

Workshop fee: \$30 with prepaid registration, or \$35 at the door.

**Space is limited – pre register to reserve your place,
contact Lynne (omlynn@aol.com) or Call 329-7839.**

**Abundance Wellness Center
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Weekly TriYoga class, Wednesdays, 5:45-7:15pm, begins February 24th.