



Class Guidelines

About Us

TriYoga Flows Class Structure:

Daily classes focus on the TriYoga Flows and conclude with deep relaxation, rhythmic breathing, concentration and meditation. Each part is integral to the practice. The class is between 1 hour 15 minutes to 1 hour and 30 minutes, unless other wise noted.

TriYoga Flows Class Guidelines:

Please arrive to class on time. To allow enough time for you to settle into the space before practice begins. During the practice keep talk to a minimum.

Children may attend if they are participating in a truly focused way.

The closing deep relaxation is essential to fully absorb the benefits of the practice. To receive the benefits we recommend a reclined posture. If necessary to leave early, leave before deep relaxation, not during and close with a relaxation on your own.

The closing of deep relaxation is signaled by the gentle ring of bells:

First Bell: Remain reclined. Return the breath to the complete breath.

Second Bell: Remain reclined. Begin to add gentle movements to the body.

Third Bell: Maintain the relaxation. Come to a comfortable seated posture.

Class concludes with a single ring of a bell or with a breathing practice known as Omkara. Feel free to listen or join in.

Following the ring of the bell the palms can be placed together at the heart, saying Namaste, that is "I bow to the light within." You may join in or listen. Any announcements will be given following the class.

Bliss Monkie is a yoga media company. Brining ideas, information and insight to the community through TriYoga and Xhale e-zine. bliss@blissmonkie.com

XHALE e-zine is a medium to share experiences and perspectives towards the path of awakening, the realization of the self and our universe. xhale-mag@blissmonkie.com

Additional Services

Privates

Yoga sessions designed for those who wish to learn TriYoga Flows one on one with individual needs addressed As well as for those who need additional instruction to assist in the group classes.

Yoga Therapy

For those who have specific health requirements or recovering from injures. One on One sessions designed for your particular need.



Corporate Yoga

For those in the corporate industry who wish to bring the stress relieving practice of yoga into the corporate environment. Benefiting the overall production, moral and happiness of the employee.

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Kali Ray TriYoga®

Art and Science of Yoga Flow



Classes

Privates

Intensives

Teacher Trainings

TriYoga is a renowned yoga method, created and developed by yoga master Kali Ray. The essence of TriYoga is the flow. The postures, precisely sequenced for maximum benefit, flow from one to the next while synchronized with the breathing technique. Relaxation in action and wavelike spinal movements contribute to maintaining the flow.

Benefits

Through the TriYoga practice, the breath becomes even and rhythmical, the mind focused and calmed. This naturally creates a harmonious state. The practice helps to harmonize the flow of body movement, with concentration and breathing techniques, encouraging your mind and body to relax.

With regular practice, you will gain flexibility, strength and endurance. The continuous flow of postures will increase your circulation preparing you to sustain poses. By focusing on the complete breathing techniques you will improve your lung capacity, reduce your stress level and promote relaxation. With a relaxed body, a rhythmical breath, and a calm mind, your energy level will increase.



TriYoga Flows

TriYoga Flows, is the union of posture, breath and focus-that is asana, pranayama and mudra. Since the method is systematic, students can progress from Basics to Level 1 and then to subsequent levels as they increase their flexibility, strength, endurance and knowledge. Through sustained awareness on all aspects, the inner flow naturally emerges. Bolsters, pillows and other props can be used in all levels to ensure comfort and alignment.

Basics

For those new to TriYoga and for those who want to strengthen their core alignments. Basics is a complete practice of 108 postures presented systematically, learned over time and is the foundation for TriYoga Flows. Introduced are core alignments, wavelike spinal movements and the principles of flow. This series benefits everyone from basics to advanced.

Levels 1 to 3

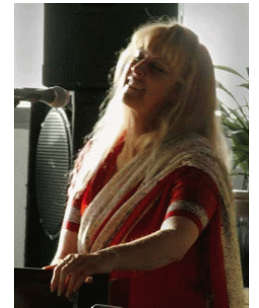
We continue to deepen and refine the core alignments taught in basics introducing new flows and postures, while increasing endurance, strength and flexibility with longer flow sequences. Each level includes five series that gradually progress to teach all the postures of that level, beginning with Basics, each level is a prerequisite for the next level.

Prana Vidya

The knowledge of life-energy. Includes the trinity of breathing sequences, concentration techniques, and meditation. Presented systematically, these practices develop better health, mental clarity and inner peace.

Teacher Training

Ongoing programs for those who want to teach TriYoga. TY Internship is internationally recognized meeting all the requirements of international standards. Call for more information.



Accelerate

the transformation of body, mind and spirit

Increase

flexibility, strength, and endurance for healthy muscles, tendons and ligaments.

Develop

a supple spine and a dynamic nervous system

Maximize

the power of digestion, assimilation and elimination

Invigorate

the immune, cardiovascular and respiratory systems

Purify

and strengthen the vital organs and glandular system

Awaken

positive qualities such as emotional balance, mental clarity and self confidence

Illuminate

the intellect to higher understanding and the realization of intuitive knowledge

Expand

awareness and allow the energy to flow