



TriYoga® Center

Art and Science of Yogaflow®

Santa Cruz 2012 Schedule

<i>Time</i>	<i>Level</i>	<i>Instructor</i>
SUNDAY		
8:30 am	2	Kim
10:30 am	Basics	Kelly
6:00 pm	3	Benjamin
MONDAY		
8:30 am	1	Terri
10:15 am	Basics	Terri
12:00 noon	2	Kim
5:30 pm	Basics	Kim
7:30 pm (1 hr)	Prana Vidya*	Kim
last Mon of month		
TUESDAY		
10:00 am	1	Jasmin
5:30 pm	2	Tom
7:30 pm	Basics	Tom
WEDNESDAY		
10:30 am	3	Kim
5:30 pm	2	Gabriel
7:30 pm	Basics/Level 1	Kim
THURSDAY		
10:00 am	Basics	Terri
12:00 noon	2	Terri
5:30 pm	3	Tom
7:30 pm	1	Tom
FRIDAY		
8:30 am	1	Kelly
10:30 am	2	Kelly
3:30 pm	Basics	Gabriel
5:30 pm	2	Benjamin
SATURDAY		
8:30 am	Natural Alignment Basics / 1	Kim
10:30 am	2	Jamie

Classes are 1.5–1.75 hours.

Prana Vidya: Breathing and concentration practices, meditation (free with unlimited pass or by donation)

TUITION

\$85 monthly unlimited classes

\$75 seniors (65+) Students (full time w/ID)

\$12 drop in. \$7 full-time students

\$50 for 5 classes

TriYoga with Yogini Kaliji

January 5-8

TriYoga 32 Anniversary Celebration

TriYoga Flows Prana Vidya

Jnana (yoga knowledge) Pravachan (Q & A) Nada Yoga

Additional 2012 programs with Kaliji will be announced.

Teacher Training

Intensives with Kim Beecher, D.C. and Terri Richards

Gain a deeper level of practice and understanding.

Everyone is welcome.

10-Day Intensives

January 20-29 Basics

March 16-25 Level 1

September 21-30 Level 2

November 2-11 Level 3

Weekend Intensives

February 24-26 Level 2

May 4-6 Level 3

June 15-17 Basics

October 19-21 Level 1

Weekends focus on TriYoga Flows. Monday to Thursday workshops emphasize Teaching Methodology and Practicum. Partial registration accepted. Preregistration required.

Friday, 7:15-10:15 pm • \$40/\$35

Saturday and Sunday, 12:30-5:30 pm • \$65/\$60 each day

All 3 sessions: \$160/\$150

Monday - Thursday, 2-5 pm

\$30/session or \$100/4 sessions per week

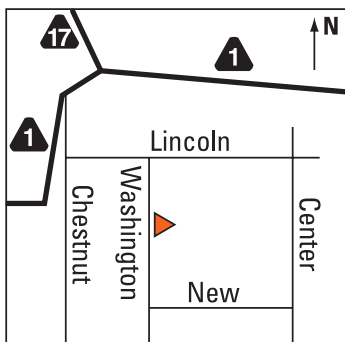
Entire 10-day intensive (including classes on daily schedule): \$400

For more information on teacher training, visit triyoga.com or contact the TriYoga office.

Reduced fee is for KRIYA members

KRIYA Kali Ray international Yoga Association

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TriYoga International

a nonprofit organization

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