



in the flow<sup>®</sup>  
with TriYoga

Art & Science of Yogaflow<sup>®</sup>



## Kali Ray: Founder of TriYoga

Internationally acclaimed yogini Kali Ray (Kaliji) has brought forth TriYoga<sup>®</sup>, a complete method that includes the full spectrum of yoga practices. With a natural ability to integrate Eastern thought and Western tradition, she shares yoga practices and philosophy in a way that can be understood by people of widely diverse backgrounds. Initiated by Sri Ganapati Sachchidananda Swamiji of Mysore, India, Kaliji is a swamini in the Jayalakshmi Datta Avadhoota lineage. She has devoted her life to sharing the universal teachings.



In the tradition of ancient yoga, the origin and continuing development of TriYoga is guided by kriyavati siddhi, or kundalini-inspired hatha yoga, as expressed through Kaliji. With this inspiration, she has fully systematized hatha yoga—*asana*, *pranayama* and *mudra*—from Basics to Level 7, establishing the comprehensive TriYoga method. Kaliji has overseen the certification of hundreds of TriYoga teachers. Additionally, with music central to TriYoga, Kaliji chants and holds *satsanga* regularly. She founded the ensemble Chant Club<sup>®</sup>.

**K**aliji has presented keynote addresses and in-depth programs at yoga conferences and other venues nationally and internationally. These include programs throughout the United States, as well as Europe, India, Russia, Singapore and Taiwan. She has also been featured in cover stories and articles in major yoga magazines in the United States, Russia, South America, and throughout Europe. The TriYoga method is presented in the PBS television series *Healthy Living*.

Kaliji's presence, her mastery of the flow and the ageless wisdom inherent in TriYoga have inspired countless people worldwide.

## TriYoga Flows

TriYoga Flows (*Prasāra*), a complete hatha yoga method, is the union of posture, breath and focus—that is, *asana*, *pranayama* and *mudra*. The art and science of *yogaflow*<sup>®</sup>, TriYoga fundamentals include relaxation-in-action, wavelike spinal movements and economy of motion. With the systematic approach, students can remain with Basics or continue to Level 1 and subsequent levels. Within each level, students increase their knowledge of posture and flow, as well as strength, flexibility, endurance and breath control. Through sustained awareness on all aspects of the practice, the movement of body, breath and *mudra* harmonize and the inner flow naturally emerges.

## Basics

For those new to TriYoga and for those who want to strengthen their core alignments, Basics is the necessary foundation for all classes. It is also a complete practice in itself. Bolsters, pillows and other props can be used in all levels to ensure comfort and alignment.

## Levels 1 to 5

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. Additional information is in the *Class Guidelines*.

## TriYoga for All Ages

*TriYoga: Kids, Teens, Family, Seniors*

TriYoga is for everyone, all ages and stages of life. All benefit from being in the flow.

## Natural Alignment

Natural Alignment classes include an in-depth understanding of the alignment, the correct use of props, and the benefits of the postures.

## Free the Hips

This class focuses on hips to toes to create greater health and vitality in the pelvic region, hips, legs, feet and toes.

## Free the Spine

This class emphasizes wavelike spinal movements that increase strength, flexibility and energy in the spine as well as the chest, abdomen, shoulders, arms and hands.

daily practice  
the key to success

## Prana Vidya

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

## Trinity Practice

Trinity Practice has a threefold emphasis on posture, rhythmic breathing techniques and meditation. Experience in TriYoga Flows and breathing practices is recommended to gain the full benefit.

## TriYogathon

This intensive is a perfectly paced extended practice—a special opportunity to let go into the flow.

## Partner Stretch

A partner helps one to go deeply into a posture to increase flexibility and relaxation. Come alone or bring a friend.

## Vegan Diet

TriYoga provides practical information and classes on vegan nutrition. This plant-based diet is recognized by top researchers as an excellent approach to both personal and planetary health. Inspired by her love for animals, Kaliji has been vegan for almost thirty years.

## Nada Yoga

Nada yoga, yoga of sound, is integral to TriYoga. The compositions of Sri Ganapati Sachchidananda Swamiji accompany TriYoga practice. A master nada yogi, Sri Swamiji has written thousands of compositions and is known worldwide for his healing and meditation music. Other music includes Vedic chants and bhajans by Manasa Datta Swami, Mercury Max's instrumental and mantra music, and Sanskrit chants sung in call-and-response style by Chant Club.

## Home Practice

TriYoga DVDs and booklets can be used to deepen one's practice at home.

## Teacher Training

Ongoing training for those who want to teach TriYoga includes 200- and 500-hour certification programs, as well as more advanced studies. Teacher training workshops and intensives are also beneficial to deepen one's personal practice. The TriYoga internship program gives guidance toward teacher certification.

## TriYoga Practices...

### 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

## Kali Ray International Yoga Association (KRIYA)

Receive the schedule of events, discounts on various programs, and the TriYoga newsletter. All are welcome.



# TriYoga

TriYoga was founded in 1980. The original TriYoga Center was established in Santa Cruz, California in April 1986. TriYoga Centers offer daily classes, as well as workshops and teacher training. In addition to the centers, certified instructors throughout the world are sharing TriYoga.

## TriYoga Centers

### Malibu, CA

At the ashrama in Malibu, programs are offered with Kaliji and TriYoga teachers. Located in Los Angeles County, it overlooks a beautiful expanse of Pacific coast.

### Santa Cruz, CA

With fifteen teachers, the center offers over 150 classes a month and many intensives. Near ocean and mountains, Santa Cruz is a unique coastal town known for its organic, vegetarian cuisine.

### Berkshires, MA

With a friendly ambiance, this center overlooks the scenic Housatonic River in Sheffield, just outside of Great Barrington. It is accessible to New York, Connecticut and Massachusetts metropolitan areas.

### Waltham, MA

The center provides a peaceful setting to experience the full benefits of the TriYoga practice. It is conveniently located near Boston and Cambridge.

### East Northport, NY

Located on Long Island, the center provides a sense of community for the town and students. Classes for kids and teens are included.

Visit [triyoga.com](http://triyoga.com) for additional centers in Denmark, Germany, India, Russia and Ukraine, as well as certified TriYoga teachers in over 25 countries.

## TriYoga International

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