



## TRIYOGA® TEACHER TRAINING

# FAQ

## Frequently Asked Questions

### Who is Kaliji (Kali Ray)?

Kali Ray is founder of TriYoga. Based on the intuitive knowledge that arises from meditative states, Kaliji has established a fully systematized hatha yoga method, Basics to Level 7, of both TriYoga Flows and Prana Vidya (the trinity of breathing practices, concentration techniques and meditation), and over 1,000 hand mudras. She has devoted her life to sharing the ageless universal teachings. Kaliji's presence, her mastery of the flow and the ageless wisdom inherent in TriYoga have inspired and transformed the lives of countless people throughout the world.

### How did TriYoga begin?

On January 5, 1980, as Kali Ray led a group in meditation, she shared a concentration technique of energy rising up the spine. As soon as the meditation began, kriyavati siddhi awakened within her. At that moment, students witnessed her flow of asana, pranayama and mudra. This later was to become known as the birth of TriYoga. Moved by the powerful energy and beauty of these flows, students asked that she teach what they had witnessed. In this way, Kaliji began to teach TriYoga, which arose as did the ancient yoga, from the continuing flow of kriyavati. Kriyavati, as defined in Sanskrit texts, is kundalini manifesting on the plane of hatha yoga.

### What is TriYoga Prasara (TriYoga Flows)?

TriYoga's hatha yoga method, TriYoga Prasara or TriYoga Flows, integrates posture, breath and focus that is asana, pranayama and mudra. The inspiration and guidance for the TriYoga Flows comes from yogini Kaliji's direct experience of kriyavati. This inner prana flow has given the knowledge to develop the systematic and complete TriYoga method. The evolution of TriYoga Flows continues to be guided by kriyavati.

### Who teaches the teacher training programs?

TriYoga teacher training is taught by Kaliji and certified TriYoga teacher trainers. Teachers recommended by TriYoga also teach selected topics. Certified teacher trainers have an average of 12 years training with Kaliji and have apprenticed with her for many years at her teacher trainings. In addition, certified teacher trainers study with Kaliji on a regular (yearly or more) basis, are certified through Level 3, have an average of 10 years experience teaching the art and science of yogafLOW® and methodology, have studied beyond the 500-hour certification level, and have a committed personal practice. These criteria ensure the quality of teacher training and the integrity of the TriYoga method.

### What is the significance of the name TriYoga?

In philosophy, TriYoga refers to body, mind and spirit; in hatha yoga, to asana, pranayama and mudra. TriYoga represents the universal trinity. It has its source in the triple principle which manifests throughout creation.

### Who can attend the TriYoga teacher training program?

The training program is for all students who have a sincere interest in studying TriYoga under the guidance of Kaliji or teacher training staff. All are welcome, from those who have no yoga experience to those who have been certified teachers for many years.

## Can one begin the teacher training at any level?

TriYoga is systematized so one certifies first in Basics. If further certification is desired, one certifies in each subsequent level. To deepen their personal practice, students or interns may take any teacher training intensive in their level of practice.

## What is taught during the teacher training?

TriYoga teacher training includes:

- ▲ Natural alignment and practical anatomy
- ▲ Use of props to improve alignment
- ▲ Ways to modify postures or flows for students with different needs
- ▲ Knowledge of sequencing, pacing, economy of motion, and wavelike spinal movements
- ▲ Benefits of the postures
- ▲ Practice of the series with integration of posture, breath and focus, learning the art and science of yogaflow®. Teaching methodology and practicum workshops are integral to the training, and support those in the internship program who are working toward certification. These include practice in speaking and teaching skills, sensitivity in prop and alignment assistance, alignment practice, creating the class environment, and learning organizational aspects of creating classes. Private instruction may also be arranged.

Additional classes are offered, including: Natural Alignment, Trinity Practice, Partner Stretch, Mudra, Physical Anatomy, Subtle Anatomy, Prana Vidya, Philosophy, Vegan Diet, Nada Yoga (yoga of sound vibration), and Sanskrit. Classes are taught by Kaliji and TriYoga staff.

## What is the TriYoga Internship Program?

If one wishes to certify to teach TriYoga, one enrolls in the TriYoga Internship Program. Enrollment is by level and includes the teaching manual for that level. Students may be enrolled in more than one internship level at a time, but must certify first in Basics. The internship program is designed to give guidance in preparation for teacher certification. One learns the series, gains a thorough understanding of the method, and develops teaching skills through practice and experience. The program may be personalized to fit one's schedule and needs. Additional internships in Flow, TriYoga for Everyone, Prana Vidya, Nada Upasana, and Sanskrit are available to students and teachers of all levels.

## What is included in the TriYoga teaching manual?

Each level has a teaching manual that systematically introduces all postures in that level beginning with series 1 and concluding with series 5. Each of the five series (in Levels 1 to 5) has three condensed versions. With this approach, the student gradually develops greater strength, flexibility, endurance, concentration and breath control. The Basics manual also includes materials that are used in all levels of TriYoga practice, such as an overview of how the class is organized, a posture directory, breathing practices, and yoga nidra guided relaxations.

## What is the teacher certification process and how long does it take to be certified?

To become a certified TriYoga teacher, and to certify in subsequent levels, one must meet the certification requirements and pass a certification exam. One enrolls in:

- a. TriYoga Internship Program
- b. Teacher training intensives
- c. Classes at the centers or other locations with certified TriYoga teachers

One certifies by level through demonstrating the five primary series in the level, with prop and alignment assistance; by teaching the series with sensitivity, skill, and an understanding of practical anatomy; and by meeting the other certification criteria. The time it takes to certify varies with experience, ability, and time dedicated to learning and personal practice. There is also a one-series yogaflow certification.

## What is the tuition for teacher training?

Teacher training includes tuition for:

- a. TriYoga Internship Program
- b. Teacher training intensives
- c. Certification exam application

Teacher training weekend intensive fees are in the \$135–\$210 range, and the internship program tuition is \$108 per level. Teaching methodology and practicum classes average \$10 per hour. Certification exam application fee is \$108 per level.

In the U.S., total tuition is approximately \$1080 for 108 hours, \$1,500 for 150 hours and \$2,000 for the 200-hour course. Tuition can vary depending on how much training an individual intern may need to certify, and with classes and workshops selected. Internationally, check with individual teacher-trainer coordinators for fees.

## Does the tuition need to be paid all at once?

Each aspect of the teacher training program has an individual tuition that can be paid at the time of registration. If needed, payment plans are accepted.

## Is TriYoga registered with Yoga Alliance?

TriYoga has 200- and 500-hour certification programs that meet the requirements for the Yoga Alliance registry. After completing the program, you can apply on your own. For additional information, request the FAQ on TriYoga, Documentation of Hours, & Yoga Alliance.

## Does one need to complete 200 hours to begin teaching TriYoga Flows?

One can begin teaching Basics TriYoga Flows with 108 or 150 hours if the certification exam has been passed. To teach any level, one must be certified in that level or be a practicum-level intern authorized by TriYoga to begin teaching the specific level.

## **If one has certification in another 200-hour course, will the hours apply to TriYoga certification?**

This will depend on the type of program and courses studied. Technique, Teaching Methodology and Practicum hours (150 total) insure that you can teach TriYoga with integrity. The Anatomy and Philosophy/Lifestyle sections are based in subjects and principles central to the TriYoga curriculum (see *Certification Handbook* for 200 and 500 hours). When you compare, there may be some overlap in what you have studied previously.

## **When are the trainings offered?**

Training intensives are offered on an ongoing basis. Those on the teacher training mailing list will be informed of intensives and other training opportunities. Also, contact TriYoga International or visit [triyoga.com](http://triyoga.com)

## **Where are the intensives offered?**

Kaliji and certified teacher trainers offer intensives, retreats and programs at the TriYoga Centers, as well as many other places nationally and internationally. Check with TriYoga International for locations and TriYoga staff that may help in preparation for certification.

## **Are accommodations available near the intensives?**

One can contact TriYoga International or [triyoga.com](http://triyoga.com) for a list of accommodations in the area where the training is held. They range from staying in someone's home to short-term housing and hotels. We are happy to help you find the right place to stay.

## **Are there requirements for maintaining teacher certification?**

At least 10 hours of continuing TriYoga education or equivalent are recommended over a three-year period.

Also, teachers (or others) can maintain a strong connection and deepen their knowledge of TriYoga by joining the Kali Ray International Yoga Association (KRIYA). Visit [triyoga.com](http://triyoga.com), then click on KRIYA).

## **I am certified in TriYoga. Should what I teach be called TriYoga or is it fine to use another name like Flowing Yoga?**

TriYoga Flows (or flows inspired by the teachings of TriYoga), must be taught under the name Kali Ray TriYoga® or TriYoga® (include the registered mark). Also, it is assumed that the integrity of the system is honored by making it clear in oral and written statements that one is teaching TriYoga.

To protect the origins and integrity of this unique and inspirational system, TriYoga is protected by the certification process, as well as by trademark and copyright laws. The TriYoga method includes (but is not limited to) the TriYoga Flows' distinctive sequencing, wavelike spinal movements, economy of motion, and the union of posture, breath and mudra. The method also includes the systematized Prana Vidya.

## I am not TriYoga certified. Can I teach selected TriYoga Flows in my class?

Although only certified TriYoga teachers are authorized to teach TriYoga Flows (or systematized Prana Vidya), the following exceptions may apply:

- ▲ If you are an intern in the TriYoga teacher training program, authorization may be requested as part of your practicum training.
- ▲ If you are not an intern, written authorization from TriYoga International is necessary.

It must be understood that there is a limit to number of sequences an uncertified person can teach. Selected sequences must be taught precisely and the class informed that you are teaching a sequence from TriYoga.

We encourage you to join the teacher training program. Because TriYoga is a complete, systematized and copyrighted method, the integrity of the TriYoga system and its certified teachers must be honored.

Additional information is in the *Certification Handbook*. The handbook will be sent upon request. It includes details on certification requirements, methods to work toward certification, the internship program, certification exam criteria, additional course offerings, information on the 200- and 500-hour certification programs that meet Yoga Alliance standards, professional and business support for TriYoga teachers, and tuition.

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