

# TriYoga® Center of Philadelphia

## at Mind-Body Services

### What is TriYoga?

Wave or Flow  
Transformation  
Deep relaxation  
The Tai Chi of yoga  
Meditation-in-motion  
The experience of bliss  
A complete haṭha yoga method  
A flowing, graceful, dance-like yoga  
As gentle or as challenging as desired  
The union of flowing and sustained postures, breathwork, and mental focus

### 2018 Schedule

Day	Time	Level	Teacher
Wednesday	6-7:30 pm	All Levels	Citrinī
Friday	6-7:30 pm	Yoga and Recovery **	Tina & Dave
Saturday	9-10:30 am	All Levels	Citrinī
Sunday	Once/month*	Levels 2 & 3 *	Citrinī

\* Prior TriYoga experience is strongly suggested for Levels 2 & 3. Please check our website's Events page for dates and times of classes.

\*\* Yoga and Recovery is not a TriYoga or a seva (donation) class. Please contact Tina & Dave for registration, tuition, and further information.

~ JOIN CLASSES AT ANY TIME. ~

***We will enthusiastically add classes with 3+ students interested!***

***TriYoga classes offered by donation; please see back page for more information.***

TriYoga® is a complete and deeply meditative hatha yoga method. Through sustained awareness, the inner flow naturally emerges. Breath (pranayama) and focus (mudra) unite with flowing and sustained postures (asana) in systematized sequences. The practice is unique in its distinctive and systematic sequencing, the wavelike spinal movements, the emphasis on economy of motion, natural alignment, and pacing, and the systematized breathing practices, concentration techniques and meditation. Progress systematically from Basics to subsequent levels with increases in flexibility, strength, endurance and knowledge of the method.

TriYoga® Center of Philadelphia

Vernon Medical Building, 301 West Chester Pike, Suite 102, Havertown, PA 19083

(610) 664-6446 x3 / [www.mindbodyservices.com](http://www.mindbodyservices.com)



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Fees

Because yoga teachings are considered priceless, classes will be offered according to *seva*, meaning "offering" or "service for the benefit of others." This is the essence of karma yoga, the yogic practice of "selfless service." **The amount you pay will be determined by the value you place on the teachings and by what your financial circumstances permit.** Through the practice of *seva*, students support the teacher and the center, allowing the teacher to provide the teachings and the studio to operate financially. Please remember that your donation will be used to financially support the teacher and the expenses involved in running the center (e.g., electricity, water, mortgage, insurance, taxes, township and state fees, etc). **For this arrangement to be mutually beneficial, you are asked to seriously consider what you are able to give for the teaching.** Please insert your donation in the *seva* container; no one will know what you gave except you. (Note: if you require a receipt, please give payment directly to the teacher and ask for a receipt for the exact amount).

**Suggested donations for group classes:**

Single class = \$20

10 classes = \$14-18 per class (= \$140-180)

20 classes = \$12-15 per class (= \$240-300)

We have recently reduced our class offerings due to attendance and as student schedules have evolved. We hope to reinstate classes soon. Please contact the studio if you and some friends are interested!

*For more information (such as class descriptions & to register online), please visit our website.*

**PRIVATE MEDITATION SESSIONS, SPIRITUAL COUNSELING, YOGA INSTRUCTION, & YOGA THERAPY**

Jai Śakti and Citrinī are available for private sessions and consultation. Please contact us to schedule.

The schedule is subject to change.

Please check our website for updates, class descriptions, biographies of instructors, special classes, and more information.