

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

2017 Schedule

Day	Time	Level	Teacher
Monday	6-7:30 pm	Basics *	Bindu
Tuesday	6-7:30 pm	All Levels	Citrini
Wednesday	10 am - 12 pm	Level 2 **	Citrini
Wednesday	6-7:30 pm	All Levels	Bindu
Saturday	9-10:30 am	Basics *	Citrini

* Basics is the foundation level in TriYoga.

** Level 1 is the second level taught in TriYoga practice; it is recommended for those with some prior yoga experience.

We have recently reduced our class offerings (crossed out above, as well as some others) 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!

~ JOIN CLASSES AT ANY TIME. Pre-registration is requested. ~
Ongoing registration. Each session runs from the first to the last day of each month.
We will enthusiastically add classes with 3+ students interested!

For tuition and additional specials, please see back page.

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
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(610) 664-6446 x3 / www.mindbodyservices.com

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TUITION

Each session runs from the first to the last day of the month. (Class passes are good for one month only; no roll overs).

1 class/week pass: \$60
2 class/week pass: \$108
Monthly unlimited: \$125
Single class (drop-in): \$20

We regularly offer some classes and workshops by donation (according to seva).

Class offerings are currently limited. We will gladly add classes with 3+ interested students! Bring friends and ask for more classes~

SPECIAL DEALS

2-month registration discount

\$10 discount for registering for two consecutive months
(Discount is on the total payment. Discount is not per class/week).

New Students

\$15 off

(New students only. Cash/check payments only. Must be redeemed within 2 months of taking your first class at the TriYoga Center. Cannot be combined with the Register with a Friend discount. Can be combined with the 2-month registration discount).

Register with a Friend

Both you and your friend receive \$15 off, if at least one of you is a new student.

(Cash/check payments only. Cannot be combined with the New Student discount. Can be combined with the 2-month registration discount).

Students and Seniors (age 65+):

\$5 off of 1 class/week pass, **\$8 off** of 2 class/week pass, **\$10 off** of Monthly unlimited

(Can be combined with the 2-month registration discount. Presentation of a valid ID is required).

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

The schedule is subject to change.

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