

## 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

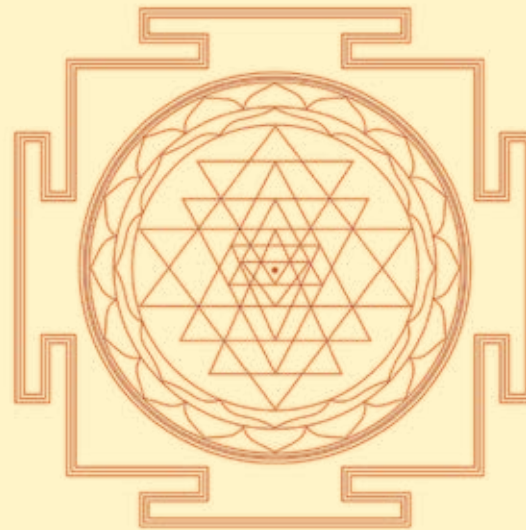
**Illuminate** the intellect to higher understanding and the realization of intuitive knowledge

**Expand** awareness and allow the energy to flow

## TriYoga Centers

The original TriYoga Center was established in Santa Cruz, California in April 1986. TriYoga Centers provide classes, as well as workshops and teacher trainings. Yogini Kaliji and senior-level teachers offer programs at the centers nationally and internationally.

There are 65+ TriYoga Centers and Communities in Australia, Austria, China, Denmark, Germany, Hungary, India, Russia, South Korea, Switzerland, Taiwan, Ukraine and the United States. Also, more than 2,250 certified teachers share TriYoga in 40+ countries.



### Kali Ray International Yoga Association (KRIYA)

KRIYA membership offers ways to stay connected with Kaliji and the TriYoga community worldwide. Members have access to live online programs with Kaliji and TriYoga team, as well as the KRIYA website ([kriya.triyoga.com](http://kriya.triyoga.com)). The site includes videos, music, podcasts, interviews and Q&As. Members also receive discounts on various TriYoga programs.

### TriYoga International

a registered non-profit organization

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TriYoga®



# Yogini Kaliji

## Founder of TriYoga

Kaliji is internationally renowned as a yogini and founder of TriYoga. With natural intuitive ability, she shares the range of yoga practices and philosophy in a way that is understood by people of diverse backgrounds.



Traveling throughout the world to offer TriYoga, Kaliji has presented over 50 keynote addresses and programs at yoga conferences and other venues. Kaliji was featured in the book *Secrets of the World's Inspirational Women*, with photos of the women in the prestigious National Portrait Gallery in London.

In the tradition of ancient yoga, the origin and development of TriYoga is guided by Kriyavati siddhi (kundalini manifesting as yogaflow), as expressed through Kaliji. In this way, she has brought forth a complete method of yoga, including more than 1300 hasta (hand) mudras and the systematization of asana and pranayama.

Kaliji is a member of Chant Club®, a music ensemble presenting chant rock, with Sanskrit chants in call-and-response style. Vegan for over 40 years, Kaliji teaches the ahimsa trinity for animals, ecology and health. Kaliji's presence, her mastery of the flow and the ageless wisdom inherent in TriYoga have inspired countless people worldwide.

*in the flow  
with TriYoga*

# TriYoga

A revolutionary body of knowledge, TriYoga is a purna or complete yoga founded by Yogini Kaliji. TriYoga includes yogaflow and prana vidya, as well as yoga philosophy, vegan diet and yoga music. Through these practices, the body-mind becomes a fit instrument for meditation and for life.

TriYoga is renowned for its energy-inspired and systematically introduced yogaflow or prasara. Yogaflow, the trinity of asana, pranayama and mudra, unites dynamic and sustained postures with breath and focus. TriYoga Flow has the inherent qualities of rhythmic pacing, relaxation-in-action, wavelike spinal movements and economy of motion. Prana Vidya, the trifold practice of pranayama, dharana and dhyana, includes breathing practices, concentration techniques and meditation. Within these TriYoga practices, one can remain with TriYoga-Therapeutics and Basics or continue to Level 1 and subsequent levels. In each level, one develops strength, flexibility, endurance, a longer rhythmic breath, greater focus and inner calm. When the movement of body, breath and focus harmonize, the healing energy of prana flows.

## TriYoga-Therapeutics

Supported yoga postures are held for several minutes and longer with a focus on breath and mindful awareness. Gentle stretching and strengthening sequences are included. This practice is helpful for stress reduction, recovery from injury or illness and low-grade chronic pain. It is also good for good for beginners, athletes or anyone who wants to increase their flexibility and relaxation. Bolsters, pillows and other props can be used (in any level) to ensure comfort and alignment.

## Basics

Basics postures and flows strengthen core alignments and free the hips and spine. Basics is a foundation for all classes. Beginners and all levels are welcome.

## 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.

## 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.

## 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 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. A vegan for over four decades, Kaliji is an advocate for animal rights and is founder of SIVA, Serve International Vegan Awareness.

## Nada Upasana

Influences from both Eastern and Western musical traditions support TriYoga practice. Nada Upasana, absorption in sacred sound, includes mantra, kirtana (chanting) and sangita (yoga music). Nada Yoga is offered to those who want to learn to sing and play classic Sanskrit mantras and bhajans, as well as how to read and pronounce basic Sanskrit.

## 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 Basics certification, as well as 200- and 300-hour certification programs (registered with Yoga Alliance), and 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.

## Certification Handbook