

TriYoga Waivers

Our insurance carrier has requested that each student sign a waiver whereby the student acknowledges full responsibility for personal health and safety. Review guideline section entitled, "To Ensure a Safe, Therapeutic Personal Practice."

Use of Facilities

- Tuition for the programs and daily classes are stated on the schedule. Please place your pass by your mat.
- Keep valuables with you.
- Silence mobile devices before entering class.
- Take out the needed props before class and put them away in natural alignment at the end of class.
- You may want to have a yoga mat for your personal use.

Health and Hygiene

- It is best to not eat prior to class.
- If there is a tendency to perspire during class, bring a towel.
- Refrain from the use of fragrances as some people are sensitive or allergic to them.

Attire

- Wear comfortable clothing.
- Leave shoes in the entry; have clean feet.

Your comments are valued. Please share questions and suggestions.

Let the Flow guide you



TriYoga®

Class Guidelines



TriYoga International

a registered non-profit organization

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TriYoga

TriYoga offers a variety of classes and teacher trainings. TriYoga Prasaara is the art and science of yogaflow®. Yogaflow combines flowing and sustained postures in union with the rhythmic breath and focused mind. This trinity practice is the unification of asana, pranayama and mudra.

Certified teachers nationally and internationally present the teachings of Yogini Kaliji. The TriYoga brochure and schedule of classes give additional information on Kaliji and KRIYA, the Kali Ray International Yoga Association.

To promote a calm, meditative atmosphere

Through the TriYoga practice, the breath becomes subtle and rhythmical, the mind focused and calm. This naturally creates a harmonious inner state, the foundation of meditation.

- Daily classes focus on TriYoga Flows and conclude with deep relaxation with the option of Prana Vidya.
- Rhythmic breathing, concentration and meditation are integral to the practice.
- Stay with the sequence led by the teacher. If needed, modify a given pose with a close alternative. Rest as needed. Use your inner guidance to honor what is best for you.
- As any other student, children may attend if they are focused.
- Arrive on time if possible. Class is 1 hour 30 minutes to 1 hour 45 minutes in length, unless otherwise noted on the schedule.

- The closing deep relaxation, Yoga Nidra, is essential to fully absorb the benefits of the practice. With focus on the breath or mantra, and by remaining the silent witness, one enters into yoga nidra, total relaxation.

To receive the benefits, we recommend a reclined, still posture.

- If it is necessary to leave early, leave before deep relaxation, not during it. End your practice with a relaxation on your own.

- The completion of yoga nidra is signaled by the gentle ring of bells:

First bell: Remain reclined. Return the breath to Complete Breath.

Second bell: Remain reclined. In the flow, begin to add movement to the body that ends in Knees to Chest.

Third bell: Maintain the relaxation. Come to a comfortable seated posture.

- Class concludes with the option of Prana Vidya, the trinity of breathing practices, concentration techniques and meditation; and with the option of a breathing practice known as Omkara where one takes a complete inhalation and on the exhalation chants Om. Feel free to listen or to join in.

Following three rounds of Om, or at the end of the practice, the palms can be placed together at the heart, saying Namasté, that is "I bow to the Light within," or Jaya Guru Devi, meaning "Victory to Universal Energy that awakens Wisdom."

To ensure a safe,therapeutic personal practice

TriYoga is systematized by level. Each level prepares for the next as flexibility, strength, endurance, and knowledge of the flows increase.

- A series is defined as a prescribed sequence of flowing and sustained postures. Each level includes five series.
- Begin with TY-Therapeutics or Basics.
- Natural Alignment classes are offered to gain a deeper understanding of the alignment for each level of TriYoga Flows.
- Returning to the same series will deepen the benefits.
- If you have any health or physical challenges, talking to the teacher before class is advised. The teacher can help with props and modifications.
- The series are designed to be therapeutic and balancing to the body and mind. Choose classes where you can participate in the flow. Modify and rest as needed.
- To attend an all-levels class or workshop, knowledge and practice of at least Basics is recommended.

