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# YOGA DAVIS

## December Workshop

### Yoga Davis Newsletter

## January Prana Vidya and Teacher Training

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**Biggest Event of Our Year**

**December Workshop**

**Learn to Meditate**

**Teacher Training Program**



Watch [Kaliji](#) demonstrate Mountain Lift in video format.

**Dec 13**

**Free the Posterior Thighs**  
[Register now](#) with PayPal on the [registration page](#) at [Yoga Davis site](#).

## TriYoga Flows with Kali Ray a Wonderful Experience

Founder of the TriYoga method, Kali Ray made many students very happy at our biggest event of the year in Davis and Sacramento in November. [See photos of the three-day event.](#) We are already planning the next one for Fall of 2010.

## December 13 Workshop: Free the Posterior Thighs



### **Kaliji in dancer's stretch for posterior thighs**

To register, go to the [Registration](#) page of the Yoga Davis website. Yogis say that freeing this area of the body allows us to walk through life with ease and grace. While forward bends and many

## To learn more about Yoga Davis & Kali Ray TriYoga

[TriYoga](#)

[Devi Peetham](#)

[Yoga Davis](#)

other back-of-the-leg stretches are the main focus of this class, we understand that each body section is part of the whole. In order to free these posterior thigh muscles, asanas that open the hips and quads are also included. The workshop is sequenced to gently prepare the body for the more intense stretches, later in the class. The fee is \$45 for the workshop that is scheduled from 1-4pm on Sunday Dec 13 at Kamala's home studio.



## Learn to Meditate

### Prana Vidya starts in January

**Learn to meditate** through the practice of breathing and focusing the mind. Through this systemetized method of pranayama, mudra, dharana (breathing, hand gestures and light-sound visualizations) it's easy to find that quiet, peaceful place where the mind is still. It is as if the meditation just happens to us when we follow the sequences that Kali Ray has developed!

### Vote for your Time Preference

VOTE FOR TIME SLOT for this Meditation class

1. **Saturday 8:00-9:00am before Level 1 class**

OR 2. **Saturday 10:45-11:45am, after Level 1 Class**

OR 3. **Tuesday 7:30-8:30pm, after Level 2 Class**

by emailing: [info@yogadavis.com](mailto:info@yogadavis.com)

## January 2010 Basic Level Teacher Training



[Details](#) on the next Basic Level TriYoga Teacher Training are available now. The 66 hour program will be held over three weekends in January, February and March and EVERY Wednesday evening for twelve weeks. It's designed for those who want to teach TriYoga Flows and for those who want to deepen their knowledge of them. Sign up by emailing Kamala at [info@yogadavis.com](mailto:info@yogadavis.com). To learn more

about the certification process check out [TriYoga TT](#).

## HAPPY HOLIDAYS

All of us-Kamala, Keren, Rose and Risa-at Yoga Davis wish you a very happy holiday.

**Most of our classes will continue through the holidays** to help you handle the season's stress---just come to class for relaxation, stretching and a strengthening flow to keep you feeling good. Click on [Schedule of Classes at yogadavis](#).

Namaste,

Kamala Paul  
Yoga Davis

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