

# YOGA DAVIS

Yoga Davis Newsletter

October 2009

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Biggest Event of Our Year

Kali Ray in Davis

October Workshop

**Register Now** for Kali Ray Workshop . Come to the whole program, or just parts of it.



Send your check directly to The Yoga Solution, 887 57th St. #B, Sacramento 95819. Full program price \$235 by Oct 17. Price goes to \$265 after.

**Chant Club, Sat Nov 7,  
7:30pm at the Yoga  
Solution in  
Sacramento**

Namaste TriYogis,

Welcome to our biggest event of the year! Kali Ray's Weekend Workshop is in three locations over three days: Davis Odd Fellows Hall, The Yoga Solution in Sacramento and at the home of Kamala Paul in Davis.

[See the flyer](#) and send your registration in soon, as this program will fill up fast. Earlybird price registration ends on Oct 17. If you have questions contact Kamala at 530 756 1555 or [info@yogadavis.com](mailto:info@yogadavis.com)

## Sign up Today: Kali Ray in Davis and Sac November 6-8



[Save the Dates and Register Now.](#) Kali Ray, founder of TriYoga Flows will be in Davis and Sacramento for a full weekend program for Basic students to Level Two students. The program will including yogasana (posture flow), prana vidya (breathing and hand gestures), Jnana and Subtle Anatomy (yoga philosophy) and Chant Club (music



### To learn more about Kali Ray and TriYoga

[TriYoga](#)  
[Devi Peetham](#)  
[Yoga Davis](#)

and dancing). Kaliji will be at the Davis Odd Fellows Lodge on Friday evening for a Basic and Level 1 TriYoga Flow workshop. See complete details and sign up now.

## October 25 Free the Spine & Open the Heart Workshop



The weekend prior to Kaliji's visit Kamala will teach this TriYoga Flows® class, emphasizing the spinal wavelike movements so unique to the method. Come to preview the flows Kaliji will share when she is here. These movements increase flexibility, strength and energy in the spine as well as shoulders, chest and abdomen. This program is truly a heart-opening workshop! Tuition is \$45. Sign up and use PayPal from our [yogadavis.com](http://yogadavis.com) site or send check to Kamala Paul at 1520 E. Covell Blvd. #5, PMB 333, Davis, CA 95616.

**Chant Club** on Saturday evening November 7 is a free program (donation accepted) at [The Yoga Solution](#) in Sacramento. Kaliji and Mercury Max will be singing, playing harmonium and drumming from 7:30-9:30p. Come one, come all. It's fun, exciting and meditative-all at once!

**Namaste,**

Kamala Paul  
Yoga Davis

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