

# YOGA DAVIS

## Yoga Davis Newsletter

**Kali Ray TriYoga  
Program is November 6-8,  
2009**

### In This Issue

Biggest Event of Our Year

Kali Ray in Davis

**[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**

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 today.

We do have some space left! Earlybird price registration ends Saturday Oct 31. Postmark okay or give to Kamala.

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



[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 include yogasana (posture flow),



prana vidya (breathing and hand gestures), Jnana and Subtle Anatomy (yoga philosophy) and Chant Club (music and dancing). Kaliji will be at the Davis Odd Fellows Lodge on Friday evening for a Basic and Level 1 TriYoga Flow workshop.

**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!

**To learn more about  
Kali Ray and TriYoga**

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

**Namaste,**

Kamala Paul  
Yoga Davis

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