YOGA DAVIS

Newsletter September 2009

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TriYoga Classes Begin Sept.8

Kali Ray, TriYoga Founder Plans Visit to Davis

New Website

October 11
Free the Spine Workshop 1-4pm

See workshop details and our full schedule of classes at workshop details

TriYoga Class for Running for Women at the Pence Gallery & DSF-Begins 9/13 & 9/17:
Sunday @ 5pm
Thurs @ 7am
Sign up for the 8-class session by sending a check for $96 to 945 K Street, Davis 95616

A special TriYoga class just for Runners and Walkers--to maintain flexibility

NEW YOGA DAVIS WEBSITE

Welcome Back after August Recess!

In September students new to TriYoga and Yoga Davis have your first class free!
Regular TriYoga Students get a free class when you bring someone new to class this month.

Visit Our Website for Calendar & More

TriYoga Classes Begin Sept 8 and we have a new teacher on staff!

Welcome Keren Costanzo to the Yoga Davis staff. Keren will begin teaching the 7:30 Basic Level Tuesday evening at The Pence Gallery location. Keren has been studying TriYoga with Kamala since 2006 and has just taken her Certification Exam in the Kali Ray TriYoga method! We are so happy to have her on our schedule!
See our full schedule on our Website

Kali Ray will Offer TriYoga Flows in Davis Nov 6-8, 2009

Kali Ray, affectionately known as Kaliji, founder of TriYoga Flows will offer three days of asanas, mudras, meditation, yoga philosophy, chanting and more. Save the date, see the details and learn how to register now.

and relaxation in the hips, ankles and toes!

CURRENT STUDENTS:

Bring a new student to a TriYoga Class in September and you get a class free! Welcome Back.

Jaya Guru Devi
Namaste,

Kamala Paul
Yoga Davis

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