



Kali Ray TriYoga®

## Anatomy in the Flow with Kim Beecher, D.C.

May 1-3, 2009 • Sebastopol, CA

All are welcome.

The anatomy knowledge presented at the intensive is directly applicable to teaching TriYoga. It will help participants gain a deeper understanding of postures and flow, as well as movement, individual differences, health conditions and injury prevention. The course includes a focus on anatomy of the spine within the axial skeleton, and the shoulders and hips within the appendicular skeleton.



Kim (Nandi) has studied with Kaliji since 1986. She is on TriYoga teacher training staff and is a practicing chiropractor in Santa Cruz, CA. With a master's degree in education from Stanford University, she taught college-level human anatomy for over ten years.

*Nandi's Anatomy class was a most moving experience. It was one of the best yoga experiences in my 30-year relationship with yoga. It gave me a new perspective on my teaching and my personal practice, and an even stronger respect for TriYoga.*  
— Dan Histon

### Location

Blue Haven Yoga Center  
7151 Wilton Avenue (between High & Main)  
Sebastopol, CA 95472

Pre-registration is requested.

### Local contact

Kashi 707-318-6538 • kashi@yogawithkashi.com

### To register

Contact Kashi  
or mail check payable to:  
Yoga With Kashi  
P.O. Box 2106, Sebastopol, CA 95473

Friday, 7-10 pm  
Saturday, 12-6 pm  
Sunday, 12-4 pm

Tuition: \$165/\$150  
(reduced fee for KRIYA members)

Recommended books: Bring to the workshop.  
(from local bookstore or amazon.com)

*Anatomy of Movement* by Blandine C. Germain

*Anatomy Coloring Workbook* by I. Edward Alcamo, Ph.D.

Recording not permitted.

To receive anatomy credit toward the 200- or 500-hour certification (or Yoga Alliance registry), attend the entire program and complete the take-home test.

6:30 pm Vegan dinner (catered)  
Satsanga & dinner at Sara's home  
Preregister by April 24 (\$20)

