

Polestar Pilates Center presents
October 22, 2011 Workshop



ALL THE YOGA YOU NEED TO KNOW: Introduction to TriYoga®

TriYoga® is a unique system of yoga that incorporates the trinity of posture, breath and mental focus with wave-like movements of the spine. In this workshop you will learn 30 foundation poses in 15 TriYoga Flows™ that include supine, prone and inverted postures against the wall.

ALL THE YOGA YOU NEED TO KNOW is excellent for beginners to experience the restorative and relaxation benefits of yoga, and for advanced students to enhance their awareness of energy flow and alignment.

TIME: October 22, 12.00-3.00 pm. COST: \$50. REGISTER: Call Polestar 305-740-6001. PLACE: Polestar Pilates Center, 1500 Monza Ave, Suite 350, Coral Gables, FL 33146. CONTACT DASHI: Cell 305-776-0760.

Dashi Chu Kocica, AP is an Acupuncture Physician, specializing in Asian Healing Arts. She teaches and lectures on the healing benefits of Qigong, Taiji Chuan and yoga at home and abroad, and is author of 7 DVDS on fitness and rejuvenation. Dashi is certified in TriYoga® and China-certified in Qigong. She is Educational Director of the Center for BioTherapeutics in Miami. Visit www.asianhealingarts.org to view her calendar of workshops, international retreats and DVDs. To receive her email calendar, email "subscribe" with your name, address and telephone to info@asianhealingarts.org.