

Polestar Pilates Center presents
February 11, 2012 Workshop



TriYoga Flows™

TriYoga® is a unique system of yoga that incorporates the trinity of posture, breath and mental focus with wave-like movements of the spine. The workshop is suitable for both beginners and advanced students to enhance their awareness of energy flow and alignment.

TIME: Saturday, February 11, 10am-12 pm. COST: \$35. 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.