



# TriYoga® Retreat with Yogini Kaliji



Postponed to 2021

Seminarhaus Shanti  
July 31–August 6, 2020



TriYoga, the art and science of yogaflow®, unites dynamic and sustained postures, breath and focus to create greater flow of energy.

Kaliji is internationally renowned as a yogini and founder of TriYoga. Kaliji's presence, her mastery of the flow and the ageless wisdom inherent in TriYoga have inspired countless people worldwide.



**MORNING**      **AFTERNOON**  
Basics–Level 1    Level 2+



- ◆ TriYoga Prasara: Yogaflow®, TY-Therapeutics
- ◆ Prana Vidya: Pranayama, Dharana, Dhyana
- ◆ Jnana: Samkhya Yoga, Pravachan (Q&A)



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