

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](http://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](mailto:info@asianhealingarts.org).*