

TriYoga's Kali Ray



KALI RAY with Kidsday reporters Agnes Luna and Raymond Perniciaro

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We met TriYoga master Kali Ray. Besides answering our questions, she also taught us a few things about yoga. The experience was both physically challenging and mentally enlightening. We've all heard of yoga, but not TriYoga. We asked what is the difference? Kali said, "There are different forms of yoga that have come forth. TriYoga goes right to the essence of the Trinity, uniting body, mind and spirit."

We asked Kali what is the earliest age kids can start doing yoga? She said, "Children are natural 'Yogi's.' But in terms of working with our physical body, age 6 or 7 is good."

We asked her what was the most difficult thing about starting a yoga routine. Kali Ray said, "Deciding to start!"

For information visit her Web site: www.triyoga.com. Here you can find Yoga locations near you, advice and videos.