

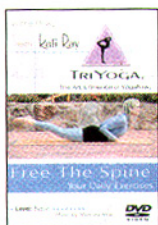
Time Out

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Chill Out

Wellness for body, mind and spirit



The Tri Yoga series with Kali Ray

There's slow moving, and then there's Kali Ray. Ray's style of yoga harks back a time when we were in our last most-protested war, when the practice was considered "far out" and could

be found only by tuning in to Liliias Folan on PBS. Ray created Tri Yoga in the '80s and has since expanded globally; she has centers in Germany and the Ukraine, and has even taught members of the U.S. Senate. The six DVDs in her new "In the Flow" beginners' series (including *Free the Hips*, *Gentle Cardio* and *Yoga for Kids*, \$10 each) are meant to bring the ultra-gentle approach to the masses. If you're advanced or want yoga to get you in shape, you'll do better with other instructional vids. But if you're a beginner, or you've been injured and are looking for a nonstrenuous, easy-to-follow practice, these DVDs are worth making the effort to get past Ray's New Age speak and wacky hairstyles. Available at Virgin Megastores and www.triyoga.com.