



California  
Yoga  
Center

# ENERGY MERIDIANS & YOGA

with Cora Wen

**SATURDAY March 13**

2:00-5:00 PM in PALO ALTO

\$60 (in advance) \$70 (at the door)

Cora will turn our attention to spring and focus awareness on internal organs to access the natural and primal energy flowing within us. She will use yoga sequences to reveal the "Sea of Energy" in our bodies and how to access this life force (Chi) in yoga practice. All levels encouraged and welcome.

Please register me for **Energy Meridians & Yoga** on March 13

Mail this form with check payable to CYC to California Yoga Center  
570 Showers Drive, Suite 5, Mountain View, CA 94040.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

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