



California
Yoga
Center

Introductory Series

Yoga for Backcare

with Vera Popova

**4-class series on THURSDAYS
Starts MARCH 4**

6:00-7:15 PM IN PALO ALTO

Learn classical and modified yoga poses to benefit back conditions such as lower back pain, disc disease, sciatica, upper back and neck tightness, or asymmetry in the body due to scoliosis or other minor imbalances.

4-class series fee is \$65

Please register me for **Intro to Yoga for Backcare**

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 _____

Telephone / e-mail _____

541 Cowper Street
Palo Alto, CA 94301

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