



# California Yoga Center

541 Cowper Street  
Palo Alto, CA 94301

650-947-9642

[www.californiayoga.com](http://www.californiayoga.com)

# MARCH & APRIL 2010

Watch for an announcement of a new facility  
in the Mountain View/Los Altos area very soon.

## Monday

6:30-7:30 am  
8:30-10:00 am  
10:15-11:45 am  
4:00-5:15 pm  
5:45-7:15 pm  
7:25-9:25 pm

Level 1 & 2  
Level 1 & 2  
Level 1 & 2  
**Prenatal  
Back Care**  
Level 3 & 4

Lily Anne Hillis  
Ruth Owen  
Lolly Font  
Lisa Brill Robinson  
Ann Merlo  
Elise Miller

## Tuesday

7:30-8:30 am  
9:00-10:00 am  
10:15-11:45 am  
5:45-7:15 pm  
7:30-9:00 pm

Level 1 & 2  
Level 1 & 2  
**Back Care  
Yoga & Meditation**  
Level 2 & 3

Vera Popova  
Mimm Patterson  
Ann Merlo  
Larry Hatlett  
Cora Wen

## Wednesday

6:30-7:30 am  
8:30-10:00 am  
10:15-11:45 am  
12:00-1:00 pm  
5:45-7:15 pm  
7:30-9:00 pm

Level 1 & 2  
Level 1 & 2  
Mixed level  
Level 1  
Level 3 & 4  
Back Care

Lily Anne Hillis  
Terry Lesser  
Ruth Owen  
Lisa Brill Robinson  
Larry Hatlett  
Elise Miller

## Thursday

8:30-10:00 am  
10:15-11:45 am  
6:00-7:15 pm\*  
6:00-7:15 pm\*\*  
7:30-8:45 pm\*

Level 2 & 3  
**Back Care  
Back Care Intro  
Qigong  
Intro to Yoga**

Elise Miller  
Elise Miller  
Vera Popova  
Tim Nguyen  
Lisa Brill Robinson

*\*Both Intro series' start March 4. \*\*Qigong starts April 1*

## Friday

6:30-7:30 am  
9:00-10:00 am  
10:15-11:45 am  
5:30-7:00 pm

Level 1 & 2  
Level 1 & 2  
Mixed level  
Level 2 & 3

Lily Anne Hillis  
Mimm Patterson  
Ruth Owen  
Lisa Brill Robinson

## Saturday

9:00-10:30 am  
10:45 am-12:15 pm  
12:30-1:45 pm

Level 2 & 3  
Level 2  
Level 1

Lily Anne Hillis  
Larry Hatlett  
Candy Emory

## Sunday

9:00-10:25 am  
10:35 am-12:00 pm  
12:30-2:00 pm\*  
4:30 pm-6:00 pm

Level 2  
Level 2 & 3  
Level 1  
Level 1 & 2

Larry Hatlett  
Larry Hatlett  
Diane Miller  
Lily Anne Hillis

*\*Diane's class will not meet on April 4*



## California Yoga Center

### To register

Make checks out to CYC

Mail or drop off to CYC  
541-C Cowper Street  
Palo Alto, CA 94301

You can also  
reserve your place by  
calling 650-947-9642  
or email us at  
info@californiayoga.com

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Palo Alto, CA 94301

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# SERIES & WORKSHOPS

### Starts March 4

#### **Introductory Back Care for Yoga** with Vera Popova

Four-week series on Thursdays from 6:00-7:15 pm

Learn classical and modified yoga poses to benefit back conditions. Series is \$65.

### Starts March 4

#### **Introduction to Yoga** with Lisa Brill Robinson

Four-week series on Thursdays from 7:30-8:45 pm

Yoga for beginners or anyone new to Iyengar yoga. Series is \$65.

### Saturday March 6

#### **Home Practice** with Ann Merlo – 2:00-4:30 pm

Review of the elements of home practice and how to assemble them into a sustainable routine. \$50 in advance or \$60 at the door.

### Saturday March 13

#### **Energy Meridians & Yoga** with Cora Wen – 2:00-5:00 pm

Emphasis on spring and yoga sequences to reveal the “sea of energy” in our bodies. \$60 in advance or \$70 at the door.

### Sunday March 14 & Saturday April 10

#### **Restorative Yoga** – 2:00-4:00 pm

March 14 with Lisa Brill Robinson

April 10 with Ann Merlo

Fee for both: \$50. Individual: \$30 in advance, \$35 at the door.

### Starts April 1

#### **Qi Gong for Vitality & Immune System** with Tim Nguyen

Five-week series on Thursdays, 6:00-7:15 pm for students new to Qi Gong and continuing students. Series is \$80.

### Friday-Sunday April 2-4

#### **Yoga for Scoliosis-Part I** with Elise Miller

For students with scoliosis and for teachers interested in beginning Yoga for Scoliosis Trainer program.

Full workshop is \$230. Individual session fees available.

### Friday-Sunday April 23-25

#### **Yoga with Lois Steinberg**

Take the full workshop or individual sessions and study with Lois Steinberg, advanced level Iyengar teacher.

Full workshop is: \$210 by 4/13/10 or \$230 after that date.

Individual session fees available.