



# California Yoga Center

# Studio Move

We are moving out of our Mountain View studio effective February 1. Temporarily we are moving many classes to our downtown Palo Alto facility. We apologize for any inconvenience. Watch for an announcement of a new facility in the Mountain View/Los Altos area very soon.

## FEBRUARY 2010

### MONDAY

6:30-7:30 am	Level 1 & 2	Lily Anne Hillis
8:30-10:00 am	Level 1 & 2	Ruth Owen
10:15-11:45 am	Level 1 & 2	LollyFont
5:45-7:15 pm	Back Care	Ann Merlo
7:25-9:25 pm	Level 3 & 4	Elise Miller

### TUESDAY

7:30-8:30 am*	Level 1 & 2	Vera Popova
9:00-10:00 am	Level 1 & 2	Mimm Patterson
10:15-11:45 am	Back Care	Ann Merlo
5:45-7:15 pm	Yoga & Meditation	Larry Hatlett
7:30-9:00 pm	Level 2 & 3	Cora Wen

\*Class meets Feb 2 & 23. No class on Feb. 9 or 16.

### WEDNESDAY

6:30-7:30 am	Level 1 & 2	Lily Anne Hillis
8:30-10:00 am	Level 1 & 2	Terry Lesser
10:15-11:45 am	Mixed level	Ruth Owen
12:00-1:00 pm	Level 1	Lisa Brill Robinson
5:45-7:15 pm	Level 3 & 4	Larry Hatlett
7:30-9:00 pm	Back Care	Elise Miller

### THURSDAY

8:30-10:00 am	Level 2 & 3	Elise Miller
10:15-11:45 am	Back Care	Elise Miller
6:00-7:15 pm*	Qigong	Tim Nguyen
7:30-8:45 pm*	Intro to Yoga	Lisa Brill Robinson

\*Qigong & Intro to Yoga series' start Feb. 4

### FRIDAY

6:30-7:30 am	Level 1 & 2	Lily Anne Hillis
9:00-10:00 am	Level 1 & 2	Mimm Patterson
10:15-11:45 am	Mixed level	Ruth Owen
5:30-7:00 pm	Level 2 & 3	Lisa Brill Robinson

### SATURDAY

9:00-10:30 am	Level 2 & 3	Lily Anne Hillis
10:45 am-12:15 pm	Level 2	Larry Hatlett
12:30-1:45 pm	Level 1	Candy Emory

### SUNDAY

9:00-10:25 am	Level 2	Larry Hatlett
10:35 am-12:00 pm	Level 2 & 3	Larry Hatlett
12:30-2:00 pm*	Level 1	Diane Milner
4:30 pm-6:00 pm	Level 1 & 2	Lily Anne Hillis

\*Diane's class begins February 14

541 Cowper Street  
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[www.californiayoga.com](http://www.californiayoga.com)



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# Series & Workshops Revised

## **Starts February 4**

### **Qigong for Spine, Bone & Joint Health with Tim Nguyen**

In this four-week series on Thursdays, 6:00-7:15 pm, learn the practice of Tibetan Qigong for spine, bone, and joint health. Students new to Qigong and continuing students are welcome. Four-week series is \$65.

## **Starts February 4**

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

This four-week series on Thursdays from 7:30-8:45 pm is for beginners or anyone new to Iyengar yoga. Series fee is \$65.

## **Sunday February 7**

### **Heart Opening Backbends with Elise Miller –1:00-4:00 pm**

Elise will lead students through standing pose sequences to warm up for an uplifting backbend practice. Students should be familiar with standing poses and beginning backbends and have a minimum of six months of yoga experience. Fee is \$65 in advance or \$75 at the door.

## **Saturday February 20**

### **Restorative Yoga with Ann Merlo – 2:00-4:00 pm**

Restorative Yoga focuses on supported poses and breathwork to slow down the nervous system and refresh the spirit. Fee is \$30 in advance; \$35 at the door.

## **Saturday March 6**

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

This workshop will look at the elements of home practice and how to assemble them into a sustainable routine that works for you. Fee is \$50 in advance or \$60 at the door.

## **Saturday March 13**

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

Cora will use yoga sequences to reveal the "sea of energy" in our bodies and how to access this life force in yoga practice. All levels encouraged and welcome. Fee is \$60 in advance; \$70 at the door.

## **To register for workshops or series**

- 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](mailto:info@californiayoga.com).

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