



California  
Yoga  
Center

**Friday April 23**

7:00-9:00 pm  
Asana Practice

**Saturday April 24**

9:00 am-Noon  
Asana Practice

3:00-5:00 pm  
Asana/Pranayama

**Sunday April 25**

9:00 am-1:30 pm  
Asana (expect  
back extensions) and  
Pranayama

541 Cowper Street  
Palo Alto, CA 94301

650-947-9642  
www.californiayoga.com

# YOGA

with

# Lois Steinberg

## April 23-25

Take the full workshop or individual sessions, but don't miss this opportunity to study with Lois Steinberg, a gifted teacher who addresses the needs of each student with her precise attention to detail and gentle sense of humor.

*Based in Urbana, Illinois, Lois is an advanced level certified Iyengar Yoga Teacher with 30 years of yoga study, practice, and teaching experience. Lois has studied extensively with the Iyengars in the general and medical classes. She also has a Ph.D. in Nutritional Sciences. Lois organized the International Women's Intensive with Geeta S. Iyengar and is also the author of Geeta S. Iyengar's Guide to a Woman's Yoga Practice.*

Please register me for **Lois Steinberg Workshop**

**Full workshop**

- By April 13-\$210
- After April 13-\$230

**Individual Sessions**

- Friday evening \$60
- Saturday afternoon \$60
- Saturday morning only \$85
- All day Saturday \$130
- Sunday \$95

Mail this form with check payable to CYC to California Yoga Center  
541 Cowper Street, Palo Alto, CA 94301.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Telephone / e-mail \_\_\_\_\_