



California  
Yoga  
Center

### Series dates

<b>Feb 15</b>	<b>Elise</b>
<b>Feb 22</b>	<b>Birgit</b>
<b>Feb 29</b>	<b>Elise</b>
<b>Mar 7</b>	<b>Birgit</b>
<b>Mar 14</b>	<b>Elise</b>
<b>Mar 21</b>	<b>Birgit</b>

1776 Miramonte Avenue  
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Mountain View, CA 94040

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# Pranayama & Meditation Fundamentals

## 6 weeks series starts Feb 15

### 6-week series starts Wed, Feb 15, 7:30-9 pm with Elise Miller and Birgit Reimer

This 6-week series created by Elise Miller and Birgit Reimer is aimed to help students deepen their knowledge of pranayama, the art and science of breathing. The main focus will be to learn the primary pranayama breathing techniques. The class will begin with restorative yoga poses to open the body and end with a meditation.

The benefits of regular pranayama practice may include: strengthening the immune system, increase lung capacity, balance endocrine and nervous systems, regulate slow/high blood pressure, enhance deep physical and mental relaxation and inner reflection.

Series fee is \$120. Students can drop in to first 2/15 and 2/22 classes in the series at \$25 per class. Fee can be applied to full series fee.

Please register me for **Pranayama & Meditation - 6 week series**

Start date:  February 15 in Mountain View

Register online or mail this form with check payable to CYC to California Yoga Center, 1776 Miramonte Ave., Mountain View, CA 94040.

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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