



California Yoga Center

CLASSES AND WORKSHOPS IN THE IYENGAR TRADITION SINCE 1980

INTRODUCTION TO IYENGAR YOGA

**Saturday, November 22 with Ann Merlo
1:00-3:00 pm at CYC in Palo Alto**

Experience how yoga strengthens and stretches the body and quiets the mind. This 2-hour session is for beginners or anyone new to yoga.

Fee is \$30 in advance or \$35 at the door.

**For more information classes and workshops
www.californiayoga.com or 650-947-9642**

Send registration with payment to: California Yoga Center,
570 Showers Drive, Ste. 5, Mountain View, CA 94040. Check payable to CYC.

Name _____

Address _____

Phone & Email _____

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