



# California Yoga Center

CLASSES AND WORKSHOPS IN THE IYENGAR TRADITION SINCE 1980

## INTRODUCTION TO IYENGAR YOGA

**Four-Week Series Starts Wednesday July 9**

**12:00-1:00 pm in Palo Alto with Diane Milner**

Experience how yoga strengthens and stretches the body and quiets the mind. This session is for beginners or anyone new to Iyengar Yoga. We will explore yoga in a comfortable and safe environment, learn core poses and why the breath is so important. Lots of parking in downtown Palo Alto's Webster Street garage.

Class minimum is 8 students, and maximum is 15 students.

Fee is \$55 for series. No drop-ins.

**For more information on this series, other classes and workshops**

**[www.californiayoga.com](http://www.californiayoga.com) or 650-947-9642**

### **CYC IN PALO ALTO**

541 Cowper Drive  
Palo Alto CA 94306

**650-947-9642**

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

**To register for Intro to Yoga** please make your check payable to CYC. Mail to or drop off at California Yoga Center, 570 Showers Dr, Ste 5, Mountain View, CA 94040 or 541 Cowper, Palo Alto CA 94306

Name \_\_\_\_\_

Address \_\_\_\_\_

City/state/zip \_\_\_\_\_

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