



California Yoga Center

CLASSES AND WORKSHOPS IN THE IYENGAR TRADITION SINCE 1980

Yoga for Teens July Series

Sundays 4:00-5:00pm CYC Mountain View

4-Week Series is \$60 & Starts July 6

This beginning yoga series will introduce yoga poses, breathing and philosophy. Yoga benefits mind, body and spirit. It can help teens with increased overall fitness, health and vitality, improved awareness of body and mind, and a greater sense of peace and well-being.

The classes will be taught by Chris Washburn and Ann Merlo. Both trained and experienced yoga instructors, Chris also teaches high school. Ann teaches yoga and a fusion of yoga and Pilates at CYC and Stanford University's Athletic Department. Class minimum is 8 students and maximum is 15 students.

For information contact

Ann at ann@annyoga.com or go to www.californiayoga.com

**CYC IN
MOUNTAIN VIEW**

570 Showers Drive, Suite 5,
Mountain View, CA 94040

650-947-9642

www.californiayoga.com

To register for Teen 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.

Name _____

Address _____

City/state/zip _____

Telephone/e-mail _____