



California
Yoga
Center

YOGA for Backcare

Classes in Mountain View
& Palo Alto

USE YOGA TO RELIEVE BACK DISCOMFORT

Yoga for Back Care emphasizes yoga postures that help to build strength and develop flexibility. Classes for new and continuing students. Beginners are welcome.

MOUNTAIN VIEW

Monday	5:45-7:15 pm	Ann Merlo
Tuesday	10:15-11:45 am	Elise Miller
Wednesday	5:45-7:15 pm	Elise Miller
Friday	10:30 am-noon	Ruth Owen

PALO ALTO

Tuesday	10:15-11:45 am	Ann Merlo
Thursday	8:30-10:00 am	Elise Miller

570 Showers Drive, Ste 5
Mountain View 94040

541 Cowper Street
Palo Alto, CA 94301

650-947-9642
www.californiayoga.com

Drop-in fee for 1.5 hour class is \$17.

Series pricing available. No pre-registration required.