



California  
Yoga  
Center

1776 Miramonte Drive  
(Blossom Valley Center)  
Mountain View, CA 94040

541 Cowper Street  
Palo Alto, CA 94301

650-947-9642  
www.californiayoga.com

# Mountain View Schedule August 2010

## Monday

8:00-9:30 am*	Level 1 & 2	Birgit Reimer
10:15-11:45 am	Level 1 & 2	Lisa Brill Robinson
5:45-7:15 pm	Back Care	Ann Merlo
7:25-9:25 pm	Level 3 & 4	Elise Miller

\*Class starts August 9

## Tuesday

8:30-10:00 am	Level 2 & 3	Elise Miller
10:15-11:45 am	Back Care	Elise Miller
12:00-1:30 pm*	Level 1 & 2	Rosie Richardson
6:00-7:15 pm*	Level 1 & 2	Ruth Owen
7:30-9:00 pm	Level 1 & 2	David Boyd

\*Class starts August 10

## Wednesday

7:00-8:00 am*	Mixed level	Birgit Reimer
8:30-10:00 am*	Level 2	Ruth Owen
10:15-11:45 am	Level 1 & 2	Ann Merlo
4:00-5:30 pm	Level 1 & 2	Suzanne Dong
5:45-7:15 pm	Back Care	Elise Miller
7:30-9:00 pm**	Intro to Back Care	Elise Miller

\*Class starts August 11 \*\*Four-week series starts September 15

## Thursday

8:30-10:00 am	Mixed level	Faranak Parsinejad
10:15-11:45 am	Level 2 & 3	Patti Graul
4:00-5:30 pm	Level 1	Leslie Peterson
5:45-7:15 pm	Level 1 & 2	Lisa Brill Robinson
7:30-9:00 pm*	Intro to Yoga	Rosie Richardson

\*Four-week series starts September 2

## Friday

7:00-8:00 am*	Mixed level	Birgit Reimer
8:30-10:00 am*	Level 1 & 2	Ruth Owen
10:15-11:45 am*	Level 1 & 2	Rosie Richardson
5:30-7:00 pm	Level 1 & 2	Lisa Brill Robinson

\*Class starts August 13

## Saturday

9:00-10:30 am	Mixed level	Ann Merlo
10:45-12:15 am	Level 1 & 2	Lisa Brill Robinson

## Sunday

8:00-9:30 am*	Level 2	Ruth Owen
9:45-11:15 am	Mixed level	Suzanne Dong
11:30-1:00 pm*	Level 1	Leslie Peterson
5:00-6:15 pm*	Level 1 & 2	Vera Popova

\*Class starts August 8



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# Palo Alto Schedule August 2010

## Monday

6:30-7:30 am	Level 1 & 2	Lily Anne Hillis
8:30-10:00	Level 1 & 2	Ruth Owen
10:15-11:45	Level 1 & 2	Lolly Font
5:45-7:15 pm*	Back Care	Vera Popova

\*No class August 2. Class starts August 9.

## Tuesday

9:00-10:00 am	Level 1 & 2	Mimm Patterson
10:15-11:45 am	Back Care	Ann Merlo
5:45-7:15 pm	Yoga & Meditation	Larry Hatlett
7:30-9:00 pm	Mixed level	Cora Wen

## Wednesday

6:30-7:30 am	Level 1 & 2	Lily Anne Hillis
8:30-10:00 am	Level 1 & 2	Terry Lesser
10:15-11:45 am	Mixed level	Maria Calabria
12:00-1:00 pm	Level 1	Lisa Brill Robinson
5:45-7:15 pm	Level 3 & 4	Larry Hatlett
7:30-9:00 pm	Level 1 & 2	Richard Weinapple

## Thursday

8:30-10:00 am	Level 2-3	Elise Miller
10:15-11:45 pm	Back Care	Elise Miller
6:00-7:15 pm*	Mixed level	Vera Popova

\*Class starts August 12

## Friday

6:30-7:30 am	Level 1 & 2	Lily Anne Hillis
9:00-10:00 am	Level 1 & 2	Mimm Patterson
10:15-11:45 am*	Level 1 & 2	Lolly Font

\*Class starts September 3

## Saturday

9:00-10:30 am	Level 2 & 3	Lily Anne Hillis
10:45 am-12:15 pm	Level 2	Larry Hatlett
12:30-1:45 pm	Level 1	Candy Emory

## Sunday

9:00-10:25 am	Level 2	Larry Hatlett
10:35-12:00 pm	Level 2 & 3	Larry Hatlett
12:30 - 2:00 pm	Level 1	Diane Milner
4:30 pm-6:00 pm	Level 1 & 2	Lily Anne Hillis



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# Events and Fee Information

## EVENTS

### **Introduction to Back Care Series with Elise Miller**

4-week series – Wednesdays from 7:30-9:00 pm in Mountain View  
Class meets September 15, 22, 29 & October 6. Fee is \$80.

Learn yoga postures to benefit back conditions such as lower back pain, disc disease, sciatica, upper back and neck tightness and asymmetry in the body from a major scoliosis to minor imbalances.

### **Introduction to Yoga Series with Rosie Richardson**

4-week series – Thursdays from 7:30-9:00 pm in Mountain View  
Class meets September 2, 9, 16 & 23. Fee is \$65.

Introductory series for beginners or anyone new to Iyengar Yoga.

### **Introduction to Yoga Series with Candy Emory**

4-week series – Saturdays from 12:30-2:00 pm in Palo Alto  
Class meets September 11, 18, 25 & October 2. Fee is \$65.

Introductory series for beginners or anyone new to Iyengar Yoga.

### **Yoga for Scoliosis – Part 2 with Elise Miller**

September 24, 25 & 26 in Mountain View

Fee is \$230 for three days.

Individual session fee are Friday \$50, Saturday or Sunday \$100.

This 10-hour workshop is open to students with scoliosis and teachers. This series completes requirements for Yoga for Scoliosis Teacher Training program.

### **Iyengar Yoga Weekend with Dean Lerner**

October 8, 9 & 10 in Mountain View

Fee all 3 days: \$210 if paid by 9/24 or \$230 after 9/24. Individual session fees available.

Dean's classes will inspire your practice and broaden your understanding of the depth of Yoga. Sessions meet Friday evening, Saturday morning & afternoon, Sunday morning.

## CLASS FEES

**Please note that class fee packages are different for Palo Alto and Mountain View.**

### **PALO ALTO FEES**

All pre-paid classes in Palo Alto (PA) must be used for classes with same instructor from whom they were purchased. PA accepts personal checks and cash only.

*For 1.25 & 1.5 hour classes*

Drop-in fee is \$17

Class package of 4 classes \$60

*For 1 hour class*

Drop-in fee is \$15

Class package of 4 classes \$52

*For 2 hour class*

Drop-in fee is \$22

Class package for 4 classes \$80

### **MOUNTAIN VIEW FEES**

All pre-paid classes in Mountain View (MV) may be used for any class or instructor in MV. MV accepts checks, cash, and credit or debit cards.

*For 1.25 & 1.5 hour classes*

Drop-in fee is \$17

Class package of 5 classes \$75

Class package of 10 classes \$140

*For 1 hour class*

Drop-in fee is \$15

Class package of 5 classes \$65

*For 2 hour class*

Drop-in fee is \$22

Class package for 5 classes \$100