



California
Yoga
Center

570 Showers Drive, Ste 5
Mountain View 94040

541 Cowper Street
Palo Alto, CA 94301

650-947-9642
www.californiayoga.com

ENERGY MERIDIANS & YOGA

with Cora Wen

SATURDAY January 23

1:00-4:00 PM in MOUNTAIN VIEW

\$60 (in advance) \$70 (at the door)

Cora will focus awareness on internal organs to access the natural and primal energy flowing within us. She will use yoga sequences to reveal the "Sea of Energy" in our bodies and how to access this life force (Chi) in yoga practice. All levels encouraged and welcome.

Please register me for **Energy Meridians & Yoga**

Mail this form with check payable to CYC to California Yoga Center
570 Showers Drive, Suite 5, Mountain View, CA 94040.

Name _____

Address _____

City/State/ZIP _____

Telephone / e-mail _____