



California
Yoga
Center

Introduction to YOGA

Four Week Series

Starts Thursday March 4 in Palo Alto

7:30-8:45 pm with Lisa Brill Robinson

Learn basic yoga poses, yoga philosophy and the importance of the breath. This series is for students new to yoga or to Iyengar yoga. Class minimum is 8 students. Fee is \$65.

Please register me for **Introduction to Yoga**

Start date: Mar 4

Mail this form with check payable to CYC to California Yoga Center
541 Cowper Street, Palo Alto, CA 94301.

Name _____

Address _____

City/State/ZIP _____

Telephone / e-mail _____

541 Cowper Street
Palo Alto, CA 94301

650-947-9642
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