



# California Yoga Center

# JULY 2010

Watch for an announcement of a new facility  
in the Mountain View/Los Altos area very soon.

## Monday

6:30-7:30 am	Level 1 & 2	Lily Anne Hillis
8:30-10:00 am	Level 1 & 2	Ruth Owen
10:15-11:45 am	Level 1 & 2	Lolly Font
5:45-7:15 pm	<b>Back Care</b>	Ann Merlo
7:25-9:25 pm	Level 3 & 4	Elise Miller

## Tuesday

9:00-10:00 am	Level 1 & 2	Mimm Patterson
10:15-11:45 am	<b>Back Care</b>	Ann Merlo
5:45-7:15 pm	<b>Yoga &amp; Meditation</b>	Larry Hatlett
7:30-9:00 pm	Level 2 & 3	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	Ruth Owen
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	Back Care	Elise Miller

## Thursday

8:30-10:00 am	Level 2 & 3	Elise Miller
10:15-11:45 am	<b>Back Care</b>	Elise Miller

## 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	Mixed level	Ruth Owen
5:30-7:00 pm	Level 2 & 3	Lisa Brill Robinson

## Saturday

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

## Sunday

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

\*Diane's class will not meet on July 4

541 Cowper Street  
Palo Alto, CA 94301

650-947-9642  
www.californiayoga.com



California  
Yoga  
Center

# SERIES & WORKSHOPS

**Saturday July 17**

**The Shoulders in Asana with Joyce Anue – 2:00-5:00 pm**

In this workshop, Joyce will cover the basic musculoskeletal anatomy of the shoulder joint and:

- effective approaches for “tight shoulders”
- postures to avoid or modify when pain is present
- creating stability and strength in the shoulder joint
- four fundamental shoulder actions essential to joint health.

Joyce Anue MS, PT is the founder and director of the YES Yoga Teacher Training Programs. An orthopedic physical therapist, with over 25 years of yoga practice, and almost as many years teaching yoga, Joyce specializes in the therapeutic applications of yoga asana. Learn more about Joyce at [www.joyceanue.com](http://www.joyceanue.com).

Workshop open to all students, including those with current shoulder issues and teachers. Fee is \$60 in advance or \$70 at the door.

**To register**

Make checks out to CYC. Mail or drop off to California Yoga Center, 541-C Cowper Street Palo Alto, CA 94301. Or you can reserve your place by calling 650-947-9642 or email us at [info@californiayoga.com](mailto:info@californiayoga.com).

**OPENING IN AUGUST**

We are opening a center in Mountain View this August. California Yoga Center's Mountain View studio will be at 1776 Miramonte Avenue in the Blossom Valley Shopping Center (Miramonte Avenue & Cuesta Drive). Over the next few weeks we will be releasing details about the space and schedule at our website [www.californiayoga.com](http://www.californiayoga.com)

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