



California Yoga Center

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

541 Cowper Street
Palo Alto, CA 94301

650-947-9642
www.californiayoga.com

Mountain View Schedule September/October 2010

Monday

8:00-9:30 am*	Level 1 & 2	Birgit Reimer
10:00-11:30 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

*No class on Labor Day, September 6

Tuesday

7:15-8:00 am*	Meditation	Birgit Reimer
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

*Meditation class starts October 5 and is offered at no charge. All are welcome.

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

*Four-week series starts September 15.

Thursday

8:30-10:00 am	Mixed level	Faranak Parsinejad
10:15-11:45 am	Mixed level	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
7:30-9:00 pm**	Level 1 & 2	Rosie Richardson

*Four-week series starts September 2 **Rosie's Level 1 & 2 class starts September 30

Friday

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 2 & 3	Lisa Brill Robinson

Saturday

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

*Class will not meet on October 9

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 will not meet October 10



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Palo Alto Schedule September/October 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* NEW	Back Care	Vera Popova

*No class on Labor Day, September 6

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 NEW	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 NEW	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 NEW	Mixed level	Vera Popova

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 NEW	Level 1 & 2	Lolly Font

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*	Intro to Yoga	Candy Emory

*Four-week series starts September 11

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.

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.

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.

Yoga for Scoliosis with Elise Miller

Sunday, September 26 from 1:15-5:15 pm in Mountain View.

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.

Back Bends and Twists with Elise Miller

Saturday, October 23 from 1:00-4:00 pm in Mountain View.

Go to www.californiayoga.com for more information on CYC events.
Registration for all workshops is now available online.

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

Pre-paid classes in Mountain View (MV) may be used for any class or instructor in MV. MV accepts checks, cash, and Visa, Mastercard or Discover.

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