



California
Yoga
Center

Heart Opening through Backbends with Elise Miller

**Saturday February 25
Mountain View from 1-4 PM**

Elise will lead students through standing pose sequences to warm up for an uplifting backbend practice. Elise will pace the class so that students will feel secure enough to work with a variety of backbend poses. Students should be familiar with standing poses and beginning backbends and have a minimum of six months of yoga experience.

Fee is \$65 in advance or \$75 on day of workshop.

Please register me for **Back Bends** February 25

Mail this form with check payable to CYC to California Yoga Center
1776 Miramonte Avenue, Mountain View, CA 94040

Name _____

Address _____

City/State/ZIP _____

Telephone / e-mail _____

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

541 Cowper Street
Palo Alto, CA 94301

650-967-5702
www.californiayoga.com