

Locations

Mountain View

1776 Miramonte Avenue – In the Blossom Valley Center located at the corner of Miramonte Avenue and Cuesta Drive

Palo Alto

541 Cowper Street – Between University and Hamilton Avenues in downtown Palo Alto

Mailing address for registration

1776 Miramonte Avenue, Mountain View, CA 94040

CYC Store

California Yoga Center sells yoga mats, blocks, belts, bolsters, blankets, books, mat carriers, eye pillows, DVDs, yoga clothing, and more at its Mountain View location.

Gift certificates are available for products and classes. Purchase store items before or after regularly scheduled classes.

CLASSES AND WORKSHOPS JANUARY-FEBRUARY 2012



California Yoga Center

The Iyengar Yoga Center of the Peninsula

Directors Ann Merlo Elise Miller Lisa Brill Robinson



Mountain View Palo Alto
1776 Miramonte Avenue 541 Cowper Street

www.californiayoga.com
650-967-5702

Special Classes and Weekend Workshops

NEW CLASSES & SERIES

Tuesdays in Mountain View	4:00-5:00 pm	Level 1	Lori Neumann
Tuesdays in Mountain View	5:45-7:15 pm	Mixed Level	Simin Vakilzadeh
Thursdays in Palo Alto	5:45-7:15 pm	Mixed Level	Patricia Becker

Introduction to Yoga starts January 5, 5:45-7:15 pm in Mountain View

8-week series with Lisa Brill Robinson. Series fee is \$110.

Nourish Me: Mindful Eating starts January 5, 7:30-9:00 pm in Palo Alto

4-week series with Ritu Riyat. Series fee is \$125.

Fundamentals: Pranayama & Meditation starts February 15, 7:30-9:00 pm in Mountain View

6-week series with Elise Miller and Birgit Reimer. Series fee is \$120.

FIVE FREE CLASSES are scheduled during the first 2 weeks of January in Mountain View and Palo Alto.

For details on times and dates of these 5 classes, go to www.californiayoga.com

Jan 1 New Year's Day Yoga from 10:30 am-Noon

In Mountain View with Ann Merlo In Palo Alto with Lily Anne Hillis

Jan 22 Restorative Yoga with Lisa Brill Robinson 2:00-4:00 pm in Mountain View

Restorative yoga focuses on supported poses and breathwork to slow down the nervous system, and regenerate and refresh the body. This class is suitable for all levels. Fee is \$35.

Feb 4 The Lower Extremity in Asana with Joyce Anue 1:00-4:30 pm in Mountain View

In this experiential workshop we will explore the anatomy and basic mechanics of the ankle, knee and hip and how this relates to asana. And we will practice sequences and ways of moving that enhance the mobility and stability. Workshop is open to teachers and students at all levels of practice. Fee is \$70 in advance or \$80 on day of workshop.

Feb 11 Pranayama & Meditation with Birgit Reimer 1:00-4:00 pm in Mountain View

Birgit will share what she learned from her recent trip to Pune India where she studied with Prashant Iyengar. Fee is \$50 in advance or \$55 on day of workshop.

Feb 25 Heart Opening through Backbends with Elise Miller 1:00-4:00 pm in Mountain View

Elise will lead students through standing pose sequences to warm up for an uplifting backbend practice. 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.

Feb 26 Yoga for Scoliosis & Lower Back with Elise Miller 1:30-5:30 pm in Mountain View

This class is designed for students of all levels who need careful attention given to their backs. Elise will also teach poses using the yoga wall rope system that can help with scoliosis and lower back issues. Suitable for students and teachers, all levels. Fee is \$75 in advance or \$85 on the day of workshop.

Registration: To register for CYC workshops, mail or sign up online at www.californiayoga.com.

Refund policy: No refunds one week prior to the event. For early cancellations, full refund less ten dollars.

Mountain View Class Schedule

Monday

10:00-11:30 am		Level 2	Lisa Brill Robinson
12:00-1 pm	NEW	Mixed Level	Ann Merlo
5:45-7:15 pm		Back Care	Ann Merlo
7:30-9:30 pm		Level 3 & 4	Elise Miller

Tuesday

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
4:00-5:00 pm*	NEW	Level 1	Lori Neumann
5:45-7:15 pm	NEW	Mixed Level	Simin Vakilzadeh
7:30-9:00 pm		Level 1 & 2 (Studio B)	David Boyd
7:45-9:15 pm		Level 2 & 3 (Studio A)	Birgit Reimer

*Starts January 10

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

Thursday

9:30-11:00 am		Level 1	Ruth Owen
11:30 am-1 pm		Level 2	Ann Merlo
4:00-5:30 pm		Level 1	Leslie Peterson
5:45-7:15 pm*	NEW	Intro to Yoga	Lisa Brill Robinson
7:30-9:00 pm		Level 1	Rosie Richardson

*Eight-week series starts on January 5. See Workshops.

Friday

7:00-8:00 am		Mixed level	Birgit Reimer
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 am-12:15 pm		Level 1 & 2	Lisa Brill Robinson

Sunday

8:00-9:30 am		Level 1 & 2	Birgit Reimer
9:45-11:15 am		Mixed level	Suzanne Dong
11:30 am-1 pm	NEW	Level 1 & 2	Simin Vakilzadeh

No regularly scheduled classes New Year's Day. See Workshops.

JANUARY-FEBRUARY 2012

Fees and General Information

MOUNTAIN VIEW FEES

1.25 & 1.5 hour classes

Drop-in fee: \$17

Five-class package: \$75

Ten-class package: \$140

1 hour class

Drop-in fee: \$15

Five-class package: \$65

2 hour class

Drop-in fee: \$22

Five-class package: \$100

Five-class package is good for 2 months.

Ten-class package is good for 3 months.

In MV, pre-paid classes may be used for any class or instructor. MV accepts checks, cash, and Visa, Mastercard or Discover.

PALO ALTO FEES

1.25 & 1.5 hour classes

Drop-in fee: \$17

Four-class series: \$60

1 hour class

Drop-in fee: \$15

Four-class series: \$52

All pre-paid classes in Palo Alto must be used for classes with instructor from whom they were purchased. Palo Alto studio accepts personal checks and cash only.

In Palo Alto, individual instructors may offer additional series options. Please ask at your first class.

CLASS LEVELS AND TYPES

Level 1 – For beginning students who are new to yoga or to the Iyengar method

Level 2 – For continuing students to enhance their basic practice

Level 3 – For students with strong standing poses who want to learn more inverted poses and intermediate back bends

Level 4 – For intermediate and advanced students, ready for more challenging poses

Mixed – All levels welcome. Poses will be modified for experience levels.

Back Care – For those with back problems. The emphasis is on postures that increase strength and flexibility. Poses are modified for particular back conditions.

Yin Yoga – Floor asanas stretch deep connective tissue and relax nervous system.

Yoga & Meditation – As part of your yoga practice, this class explores the various elements of meditation.

Cora Wen's *Yoga Bloom Advanced Studies Yoga* will be at California Yoga Center on February 4 & 5. For more information on this 500 hour Yoga Alliance program, go to <http://www.corawen.com/> or email Anna@corawen.com

Palo Alto Class Schedule

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
6:00-7:15 pm	Level 1 & 2	Vera Popova
7:30-8:45 pm*	Yin Yoga	Mimm Patterson

*Mimm's Yin Yoga class is donation based.

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	Level 1	Lisa Brill Robinson

Wednesday

6:30-7:30 am	Level 1 & 2	Lily Anne Hillis
8:30-10:00 am	Level 1 & 2	Terry Lesser
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	Level 1 & 2	Richard Weinapple

*Lisa's January 4 class is FREE

Thursday

8:30-10:00 am	Level 2 & 3	Elise Miller
10:15-11:45 am	Back Care	Elise Miller
5:45-7:15 pm*	NEW Mixed Level	Patricia Becker
7:30-9:00 pm**	NEW Mindful Eating	Ritu Riyat

*Patricia's January 5 class is FREE

**Four-week Nourish Me series starts January 5. See Workshops.

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	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
12:30-2:00 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 & 2	Diane Milner
4:30 pm-6:00 pm	Level 1 & 2	Lily Anne Hillis

No regularly scheduled classes on New Year's Day. See Workshops.

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