



# California Yoga Center

CLASSES AND WORKSHOPS IN THE IYENGAR TRADITION SINCE 1980

## INTRODUCTION TO IYENGAR YOGA

**Four-week series starts Saturday August 8  
12:30-1:45 pm in Palo Alto with Candy Emory**

Experience how yoga strengthens and stretches the body and quiets the mind. This session is for beginners or anyone new to Iyengar Yoga. Explore yoga in a comfortable and safe environment, learn core poses and why the breath is so important. Parking available at Webster Street Public garage directly behind CYC Palo Alto. Fee is \$65 for series.

**For more information on this series, other classes and workshops  
[www.californiayoga.com](http://www.californiayoga.com) or 650-947-9642**

**INTRO TO YOGA AT  
CYC PALO ALTO**

541 Cowper  
(between Hamilton  
and University)  
Palo Alto, CA

**650-947-9642  
[www.californiayoga.com](http://www.californiayoga.com)**

**To register for Intro to Yoga starting Saturday Aug 8**

Checks payable to CYC. Mail to or drop off at California Yoga Center, 570 Showers Dr, Ste 5, Mountain View, CA 94040.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/state/zip \_\_\_\_\_

Telephone/e-mail \_\_\_\_\_