



California Yoga Center

CLASSES AND WORKSHOPS IN THE IYENGAR TRADITION SINCE 1980

YOGA & MEDITATION

Four-week series with Faranak Parsinejad
7:30-9:00 pm Wednesdays
Starts November 4 in Mountain View

This series introduces foundation level yoga poses, principles of movement and alignment, yoga philosophy, relaxation, breathing techniques, and meditation. Each week, we build upon the previous week. The needs of each individual are addressed and respected. Class minimum is 8 students. Fee is \$65.

For more information on this series, other classes and workshops
www.californiayoga.com or 650-947-9642

CYC

MOUNTAIN VIEW

570 Showers Drive
San Antonio Center
Mountain View, CA

650-947-9642

www.californiayoga.com

To register for Yoga & Meditation starting November 5,
make 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 _____