

CYC Store

California Yoga Center sells yoga mats, blocks, belts, bolsters, blankets, books, mat carriers, eye pillows and DVDs.

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

California Yoga Center
570 Showers Drive, Suite 5
Mountain View, CA 94040

Classes and Workshops July - August 2009



California Yoga Center

The Iyengar Yoga Center of the Peninsula

Directors Ann Merlo Elise Miller Ruth Owen Lisa Brill Robinson

Mountain View	Palo Alto
570 Showers Drive Ste 5 In the San Antonio Shopping Center	541 Cowper Street Between University and Hamilton Avenues



www.californiayoga.com
650-947-9642

Special Classes and Weekend Workshops

Yoga for Teens with Vera Popova

Four-week course starts Tuesday, July 7 in Palo Alto 12:00-1:00 pm

Sessions will introduce yoga poses, breathing and philosophy and particular benefits for teens. Pre-registration encouraged. Class minimum is 8 students, and maximum is 15 students. Series fee is \$60. Drop-in is \$17.

Introduction to Pranayama with Elise Miller

Four-week series starts Wednesday, July 8 in Mountain View from 7:30-9:00 pm

Series will introduce students to pranayama, the art and science of rhythmic breathing. Class minimum is 8 students. Series fee is \$80.

Yoga and Meditation with Faranak Parsinejad

Four-week series starts Wednesday, August 5 in Mountain View 7:30-9:00 pm

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.

Introduction to Yoga

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

For beginners or anyone new to Iyengar Yoga. Learn basic yoga poses, yoga philosophy and why the breath is so important. Class minimum is 8 students, and maximum is 15 students. Fee is \$65.

- Jul 18 Back Bends** with Elise Miller in Mountain View 1:00-4:00 pm
Explore back bending asana with Elise. She will prepare and instruct students in a back bend practice building to intermediate back bending asanas. For students who have taken at least one year of yoga and can straighten arms in Urdhva Dhanurasana.
Fee is \$65 in advance; \$75 at the door.
- Aug 8 Restorative Yoga** with Faranak Parsinejad in Mountain View 1:00-3:00 pm
Restorative poses are usually deeply supported by blankets, blocks, or other props and held for several minutes. The more the body is supported, the deeper our sense of relaxation and surrender.
This class is suitable for all levels. Fee is \$35 in advance; \$45 at the door.
- Aug 28-30 Yoga for Scoliosis, Part II** with Elise Miller
August 28, 7:15-9:15 pm August 29, 1:00-5:00 pm August 30, 1:15-5:15 pm
This workshop is open to anyone who is currently a yoga student and familiar with the basic poses to address their scoliosis. The Friday session is a review of the basic poses recommended for scoliosis. The Saturday and Sunday sessions will emphasize beginning and more advanced standing poses, back strengtheners and backbends, inversions and twists. If teachers have completed the Part 1-Yoga for Scoliosis with Elise, this Part II, ten-hour workshop will complete the course requirements.
Full workshop fee: \$230 Friday: \$50 Saturday or Sunday: \$100

Registration: To register for CYC workshops, mail or drop off your check made out to CYC unless otherwise noted.

Refund policy: No refunds one week prior to the event. For early cancellations, full refund less 15% of workshop fee or ten dollars whichever is greater.

Mountain View Class Schedule

Monday

8:30-10:00 am	Level 1 & 2	Ruth Owen
10:15-11:45 am	Level 1 & 2	Lolly Font
12:00-1:30 pm	Level 1 & 2	Patti Graul
5:45-7:15 pm	Back Care	Ruth Owen
7:25-9:25 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	Mixed level	Birgit Reimer
5:45-7:15 pm	Level 1 & 2	Lisa Brill Robinson
7:30-8:45 pm	Level 1 & 2	David Boyd

Wednesday

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*	JULY Pranayama	Elise Miller
7:30-9:00 pm**	AUG Yoga & Meditation	Faranak Parsinejad

*Four-week Pranayama series starts July 8

**Four-week Yoga & Meditation starts August 5

Thursday

8:30-10:00 am	Level 1 & 2	Patti Graul
10:15-11:45 am	Level 2 & 3	Patti Graul
5:45-7:15 pm	Mixed level	Ann Merlo
7:30-9:00 pm	Mixed level	Patti Graul

Friday

8:30-10:00 am	Level 1 & 2	Ruth Owen
5:30-7:00 pm	Level 1 & 2	Birgit Reimer

Saturday

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

*Ann and Lisa's classes will not meet on Saturday, July 4

Sunday

8:00-9:30 am	Level 2	Ruth Owen
9:45-11:15 am	Mixed level	Suzanne Dong
11:30 am-1:00 pm	Level 1	Diane Milner

July-August 2009

Fees and General Information

Drop-in fees

- \$17 for 1.25 & 1.5 hour classes
- \$15 for 1.0 hour classes
- \$22 for 2.0 hour class

Pay in advance for four classes and use within 4 weeks

- \$60 for 1.25 & 1.5 hour classes
- \$52 for 1.0 hour classes
- \$80 for 2.0 hour class

Workshop & special series pricing vary with event. See workshop section for details.

Please note: Class fees are paid to instructor. All pre-paid classes are with same instructor. Workshop and special series fees to CYC. Personal checks and cash only – No credit cards

For all classes

- Try not to eat at least 1 hour before class
- Wear clothing that is easy to move in such as t-shirt with loose fitting shorts or footless tights.
- Continuing students, please bring your own mats to class. Mats provided for new beginners.
- Pregnant or recovering from an injury, illness or surgery? Please advise the instructor before class

At www.californiayoga.com

- Bios and contact information for instructors.
- Sign up for email updates for classes and workshops. Our privacy pledge: Our list is used only for CYC news. We do not sell or trade our list.

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 backbends

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

Mixed All levels welcome

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

INTRO TO YOGA – For those new to yoga or Iyengar yoga, this class introduces students to basic yoga poses.

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

California Yoga Center has two studios – Mountain View and Palo Alto

Mountain View

570 Showers Drive, Suite 5 – Located in the San Antonio Shopping Center (El Camino & San Antonio Road) around the corner from Trader Joe's and near the back door of Sears

Palo Alto

541 Cowper Street between University and Hamilton Avenues

Mailing address for Registration: 570 Showers Drive, Suite 5, Mountain View, CA 94040

Palo Alto Class Schedule

Monday

6:30-7:30 am	Level 1 & 2	Lily Anne Hillis
9:00-10:15 am	NEW Level 1 & 2	Faranak Parsinejad
12:00-1:00 pm*	Level 1	Lisa Brill Robinson
5:45-7:15 pm	Mixed level	Ann Merlo
7:30-8:45 pm	Level 1 & 2	Mimm Patterson

*Lisa's class will not meet on July 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	Level 2 & 3	Cora Wen

Wednesday

6:30-7:30 am	Level 1 & 2	Lily Anne Hillis
8:30-10:00 am	Level 1 & 2	Terry Lesser
5:45-7:15 pm	Level 3 & 4	Larry Hatlett
7:30-9:00 pm	Level 1 & 2	Richard Weinapple

Thursday

8:30-10:00 am	Back Care	Elise Miller
5:30-7:00 pm	NEW Back Care	Tal Raveh

Friday

6:30-7:30 am	Level 1 & 2	Lily Anne Hillis
9:00-10:00 am	Level 1 & 2	Mimm Patterson
5:30-7:00 pm	Level 2 & 3	Lisa Brill Robinson

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*	AUG Intro to Yoga	Candy Emory

*Four-week Intro to Yoga starts August 8

Sunday

9:00-10:25 am	Level 2	Larry Hatlett
10:35-12:00 pm	Level 2 & 3	Larry Hatlett
4:30 pm-6:00 pm	Level 1 & 2	Lily Anne Hillis

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