



California Yoga Center

CLASSES AND WORKSHOPS IN THE IYENGAR TRADITION SINCE 1980

Pranayama with Elise Miller

Four-week series starts July 8

Wednesdays 7:30-9:00 pm Mountain View

This series is designed to introduce yoga students to Pranayama, the art and science of breathing. The breath is the link between body and mind. Breath awareness through the techniques of Pranayama, one of the eight limbs of Pantanjali's yoga, is vital in the process to quiet the mind. In this workshop students will work on breathing awareness and basic techniques of pranayaa. Series is open to students with at least six months of yoga experience. Series fee is \$80.

For more information: www.californiayoga.com or 650-947-9642

**CYC IN
MOUNTAIN VIEW**

570 Showers Drive, Suite 5,
Mountain View, CA 94040

650-947-9642

www.californiayoga.com

To register for Pranayama Series please make your check 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 _____