



# California Yoga Center

CLASSES AND WORKSHOPS IN THE IYENGAR TRADITION SINCE 1980

## RESTORATIVE YOGA

Saturday August 8 1:00- 3:00 pm

with Faranak Parsinejad

**\$35** (in advance) **\$45** (at the door)

This class features a sequence of soothing and well-supported postures designed to offer the student an opportunity to linger quietly for a few moments and savor the simple sweetness of life. These postures are usually supported by blankets, blocks, or other props and are held for several minutes at a time. The more fully the body is supported, the deeper the sense of relaxation and surrender.

The class will be held in Mountain View and is suitable for all levels.

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

### CYC MOUNTAIN VIEW

570 Showers Drive, Ste 5  
San Antonio Center  
Mountain View, CA  
94040

650-947-9642

[www.californiayoga.com](http://www.californiayoga.com)

**To register** make your check payable to CYC. Return with this coupon to:

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

\_\_\_ Please register me for **Restorative Yoga August 8, 2009**

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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