

Classes & Workshops

Workshops: January 12 Introduction to Iyengar Yoga
January 26 Twists & Backbends
February 9 The Hip & Pelvis in Asana
February 23 Learning the Ropes

Series: Yoga for Kids – Starts January 7
Introduction to Yoga – Starts January 7
Dance for Ease & Health – Starts January 10

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

Classes and Workshops January-February 2008



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 Kids with Juanita Lucero in Palo Alto

Twelve week series starts January 7 Mondays 3:30-4:45 pm Palo Alto Series fee is \$195 Pre-registration required

The goal of this 12-week series is to spark a love of yoga. Yoga and art teacher, Juanita Lucero will use yoga, art, play, and stories to teach children how yoga can strengthen their bodies, calm their minds and develop awareness of their innate ability to handle stress. Series starts January 7. No class on March 24.

Introduction to Yoga with Mimm Patterson in Palo Alto

Six week series starts January 7 Mondays 7:30-8:45 pm Palo Alto
Series fee is \$85 Pre-registration encouraged.

In this series, explore yoga in a comfortable and safe environment. Learn basic poses and experience how yoga strengthens and stretches the body while helping to manage stress and quiet the mind. All are welcome. Come to the first class to sign up for the series or drop-in for \$15.

Dance for Ease & Health with Esther Gokhale in Palo Alto

Six week course starts January 10 Thursdays 6:00-7:00 pm Palo Alto
Course fee is \$150 Pre-registration required

Esther teaches elements from various traditional dance forms, especially Brazilian chosen for the way they reflect and support natural posture and movement, and for their capacity to stretch, strengthen, and exercise the body in useful ways. You'll reduce stiffness in the shoulders and hips, may even discover the dancer within. Esther Gokhale has developed a unique, systematic method of restoring pain-free posture and movement detailed in her 8 Steps to a Pain-Free Back (Remember When It Didn't Hurt series).

Jan 1 **New Year's Day Yoga** from 10:30 am-noon
In Mountain View with Ann Merlo and **In Palo Alto** with Lily Anne Hillis
Fee is \$15 at the door

Jan 12 **Introduction to Iyengar Yoga** with Lisa Brill Robinson
Saturday in Mountain View 1:00-3:30 pm
This session is for beginners or anyone new to Iyengar Yoga. Lean core poses and why the breath is so important.
Fee is \$30 in advance or \$35 at the door

Jan 26 **Twists & Backbends** with Elise Miller
Saturday in Mountain View 1:00-4:00 pm
Many of us have lower back, shoulder, or neck issues that limit our ability to do backbends or twists. Through this safe approach, Elise will guide you through a series of backbends and twists that in combination will bring openness to your body, joy to your heart and enthusiasm to continue this practice for a lifetime.
Fee is \$55 in advance or \$65 at the door

Feb 9 **The Hip & Pelvis in Asana** with Joyce Anue
Saturday in Mountain View 1:00-4:00 pm
In this workshop, we will examine the action of the hip in a variety of passive and active postures, and learn how to recognize patterns of tightness and prevent compensatory movements. Breathing and imagery will also be used to release unnecessary tension and holding patterns in these important structural and energetic centers. All are welcome.
Fee is \$60 in advance or \$70 at the door

Feb 23 **Learning the Ropes** with Suzanne Dong
Saturday in Mountain View 1:00-4:00 pm
Rope work can extend the spine to the maximum level and improve forward extensions. Ropes confirm right action and lessen muscular tension. Come and see how ropes can improve your practice. This session is open to students with at least one year of Iyengar yoga experience. Class size is limited to 12 students.
Fee is \$65 (pre-registration required).

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

Refund policy – Fifteen percent (15%) service charge for cancellations, no refunds one weeks prior to the event.

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	NEW Back Care	Suzanne Dong
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	Ben Thomas
4:00-5:00 pm	Prenatal	Amy Carlow
5:45-7:15 pm	Level 1	Lisa Brill Robinson

New Year's Day—No regularly scheduled classes. Holiday classes in Mtn. View & Palo Alto 10:30 - noon.

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 1 & 2	Elise Miller
7:30-9:00 pm	NEW Level 2 & 3	Cora Wen

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	Level 2 & 3	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
2:00-4:00*	Pranayama	Ben Thomas

*Pranayama January 19 and February 16

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

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January-February 2008

Fees and General Information

Drop-in fees

- \$15 for 1.25 & 1.5 hour classes
- \$13 for 1.0 hour classes
- \$20 for 2.0 hour class

Series of four 1.5 hour classes*

- \$55 –must be used within 4 weeks

Pranayama Monthly Class

- \$25 in advance; \$30 at door

Class fees are paid to instructor

Personal checks and cash only—No cards

*Please check with instructor for availability.

Visit our website www.california yoga

- For more details on our dedicated teachers and contact information
- To subscribe to CYC Updates for email updates on classes and workshops. We do not sell or trade our list.

For all classes

- Try not to eat at least one hour before class
- Wear leotard or shirt with loose fitting shorts or footless tights
- Continuing students are asked to bring their own mats to class
- If you are pregnant or recovering from an injury, illness or surgery please advise the instructor before class

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 who are 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.

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

PRANAYAMA – The art and science of rhythmic breathing

PRENATAL – Emphasis on postures beneficial to expectant mothers.

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

YOGA & PILATES – Pilates floor work is the focus and it is applied to yoga poses.

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: 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
8:30-10:00 am	Back Care	Diane Milner
10:15 am-11:15 am	NEW Yoga & Pilates	Lisa Robinson
12:00-1:00 pm	Level 1 & 2	Eric Leong
3:30-4:45 pm*	Yoga for Kids	Juanita Lucero
5:45-7:15 pm	Level 2	Ann Merlo
7:30-8:45 pm**	Intro to Yoga	Mimm Patterson

*Yoga for Kids is a 12-week series. Start date is January 10. No class March 24. No drop-ins.

**Introduction to Yoga is a 6-week series. Start date is January 7.

Tuesday

9:00-10:00 am	Level 1 & 2	Mimm Patterson
10:15-11:45 am	Back Care	Ann Merlo
12:00-1:30 pm	Level 2 & 3	Larry Hatlett
5:45-7:15 pm	Yoga & Meditation	Larry Hatlett
7:30-9:00 pm	NEW Level 2 & 3	Cora Wen

New Year's Day—No regularly scheduled classes. Holiday classes in Mtn. View & Palo Alto 10:30 - noon.

Wednesday

6:30-7:30 am	Level 1 & 2	Lily Anne Hillis
8:30-10:00 am	Level 1 & 2	Terry Lesser
10:45-11:45 am	Level 1	Diane Milner
12:00-1:00 pm	Level 1 & 2	Diane Milner
5:45-7:15 pm	Level 3 & 4	Larry Hatlett
7:30-9:00 pm	NEW Level 1 & 2	Richard Weinapple

Thursday

8:30-10:00 am	Back Care	Elise Miller
10:15-11:45 am	Level 2 & 3	Elise Miller
12:00-1:30 pm	Level 2 & 3	Lily Anne Hillis
4:00-5:15 pm	Prenatal	Stacy Day
6:00-7:00 pm*	NEW Ease & Health	Esther Gokhale

*Dance for Ease & Health is a six-week series. Start date is January 10. No drop-ins.

Friday

6:30-7:30 am	Level 1 & 2	Lily Anne Hillis
9:00-10:00 am	Level 1 & 2	Mimm Patterson
12:00-1:00 pm	Level 1 & 2	Lily Anne Hillis
5:30-7:00 pm	Level 2 & 3	Lisa Brill Robinson

Saturday

9:00-10:30 am	Level 2 & 3	Lily Anne Hillis
10:45-12:15 am	Level 2	Larry Hatlett
12:30-2:00 pm	Level 1 & 2	Mimm Patterson

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