



California Yoga Center

CLASSES AND WORKSHOPS IN THE IYENGAR TRADITION SINCE 1980

Pilates for Yoga with Ann Merlo

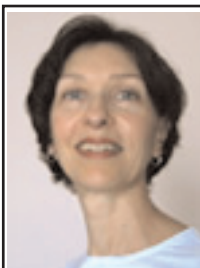
Sunday May 18 1:30-4:30 pm

CYC-Mountain View \$45 in advance; \$55 at the door

The body conditioning system developed by Joseph Pilates can help your yoga practice in several ways. In this 2-hour session we will explore: moving from our centers, elongating our spines, and opening and bringing our backs into our poses. Familiarity with basic yoga poses would be helpful. No Pilates experience required.

More details at www.californiayoga.com or call 650-947-9642

Refund Policy: Fifteen percent (15%) service charge for cancellations; no refunds one week prior to the event.



ANN MERLO

has taught yoga since 1993 and has been a co-director of CYC since 1998. A graduate of the Yoga Room's

Advanced Studies Program, Ann is also certified in Pilates fundamentals and mat work. Ann offers private yoga instruction and is a guest instructor at Stanford University's Department of Athletics.

To register for Pilates for Yoga please make your check payable to CYC and 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 _____