



California Yoga Center

CLASSES AND WORKSHOPS IN THE IYENGAR TRADITION SINCE 1980

INTRODUCTION TO IYENGAR YOGA

Saturday, June 14 with Ann Merlo

1:00-3:30 pm at CYC in Mountain View

Experience how yoga strengthens and stretches the body and quiets the mind. This session is for beginners or anyone new to Iyengar Yoga.

We will explore yoga in a comfortable and safe environment, learn core poses and why the breath is so important.

Fee is \$30 in advance or \$35 at the door.

**For more information classes and workshops
www.californiayoga.com or 650-947-9642**

Send registration with payment to: California Yoga Center,
570 Showers Drive, Ste. 5, Mountain View, CA 94040. Check payable to CYC.

Name _____

Address _____

Phone & Email _____

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