



California  
Yoga  
Center

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# YOGA for Backcare

## USE YOGA TO RELIEVE BACK DISCOMFORT

**Yoga for Back Care** emphasizes yoga postures that help to build strength and develop flexibility. Classes for new and continuing students. Beginners are welcome.

### **PALO ALTO**

Monday	5:45-7:15 pm	Vera Popova
Tuesday	10:15-11:45 am	Ann Merlo
Thursday	10:15-11:45 am	Elise Miller

### **MOUNTAIN VIEW**

Monday	5:45-7:15 pm	Ann Merlo
Tuesday	10:15-11:45 am	Elise Miller
Wednesday	5:45-7:15 pm	Elise Miller

Drop-in fee for 1.5 hour class is \$17.

Series pricing available. No pre-registration required.