



California  
Yoga  
Center

Introductory Series

# Yoga for Backcare

with Elise Miller

**Starts September 15**

**4-class series on WEDNESDAYS**

7:30-9:00 PM in Mountain View

Learn classical and modified yoga poses to benefit back conditions such as lower back pain, disc disease, sciatica, upper back and neck tightness, or asymmetry in the body due to scoliosis or other minor imbalances.

4-class series fee is \$80

1776 Miramonte Avenue  
(Blossom Valley Center)  
Mountain View, CA 94040

541 Cowper Street  
Palo Alto, CA 94301

650-947-9642  
[www.californiayoga.com](http://www.californiayoga.com)

Register online at or mail this form with check payable to CYC to California Yoga Center, 1776 Miramonte Avenue, Mountain View 94040.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/ZIP \_\_\_\_\_

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