



California
Yoga
Center

Restorative YOGA

March 14 & April 10

Sunday March 14 with Lisa Brill Robinson

Saturday April 10 with Ann Merlo

Palo Alto from 2:00-4:00 PM

Restorative Yoga focuses on supported poses and breathwork. With support, each pose is held longer than usual to slow down the nervous system and regenerate and refresh the spirit on a deeper level. All are welcome.

Register for both classes—\$50
Register for one—\$30 in advance or \$35 at the door

Please register me for **Restorative Yoga**

Mar 14 & Apr10

Mar 14 only

April 10 only

Mail this form with check payable to CYC to California Yoga Center
541 Cowper Drive, Palo Alto, CA 94301.

Name _____

Address _____

City/State/ZIP _____

Telephone / e-mail _____

541 Cowper Street
Palo Alto, CA 94301

650-947-9642
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