



California  
Yoga  
Center

# Introduction to YOGA

**Four-weeks in MOUNTAIN VIEW -  
Starts Thursday September 2  
with Rosie Richardson from 7:30-9:00 pm**

**Four-weeks in PALO ALTO -  
Starts Saturday September 11  
with Candy Emory from 12:30-2:00 pm**

These 4-week series introduces beginners to the benefits of yoga. Students will learn basic yoga poses, the importance of the breath and an introduction to yogic philosophy.

Series fee is \$65.

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

541 Cowper Street  
Palo Alto, CA 94301

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

Please register me for **Introduction to Yoga**

Start date:  Sept 2 Mountain View  Sept 11 Palo Alto

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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