



# California Yoga Center

CLASSES AND WORKSHOPS IN THE IYENGAR TRADITION SINCE 1980

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## NECK & SHOULDERS with Suzanne Dong

Saturday January 17 from 1:00-4:00 pm

Fee is \$55 in advance or \$65 at the door

This workshop will introduce ways to create space and freedom in the neck and shoulders. Practical suggestions will be given on standing, sleeping and everyday activities to hold body symmetry.

This workshop is appropriate for all levels, however it will not address acute neck or shoulder injuries.

**More details at [www.californiayoga.com](http://www.californiayoga.com) or call 650-947-9642**



**SUZANNE DONG** is a graduate of the Iyengar Yoga Institute of San Francisco and has studied under the auspices of Geeta

and Prashant Iyengar, Ramanand Patel, Manouso Manos and Kofi Busia. Her love of yoga is infectious, challenging and energetic.

**To register for Neck & Shoulders** please make your check payable to CYC and mail to or drop off at: California Yoga Center, 570 Showers Dr, Ste 5, Mountain View, CA 94040.

Name \_\_\_\_\_

Address \_\_\_\_\_

City/state/zip \_\_\_\_\_

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