



California Yoga Center

CLASSES AND WORKSHOPS IN THE IYENGAR TRADITION SINCE 1980

RESTORATIVE YOGA

SATURDAY, JUNE 27 1- 3 PM

with Denise Wendler

\$35 (in advance) **\$45** (at the door)

Restorative yoga features a series of special stress-relieving poses using support so the body can completely relax. With support, each pose can be held longer to slow down the nervous system and regenerate and refresh the body, mind and spirit on a deeper level. This class is suitable for all levels.

For more information
650-947-9642 or www.californiayoga.com

CYC MOUNTAIN VIEW

**570 Showers Drive, Ste 5
San Antonio Center
Mountain View, CA
94040**

650-947-9642

www.californiayoga.com

To register make your check payable to CYC. Return with this coupon to:

California Yoga Center, 570 Showers Drive, Suite 5, Mountain View, CA 94040

___ Please register me for **Restorative Yoga June 27, 2009**

Name _____

Address _____

City/state/zip _____

Telephone/e-mail _____