



# California Yoga Center

CLASSES AND WORKSHOPS IN THE IYENGAR TRADITION SINCE 1980

## RESTORATIVE YOGA

SATURDAY DECEMBER 13 1- 3:30 PM

with Lisa Brill Robinson in Mountain View

\$30 in advance or \$35 at the door

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.

**For more information**

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

### **CYC MOUNTAIN VIEW**

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

**650-947-9642**

**[www.californiayoga.com](http://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 December 13**

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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