



California Yoga Center

CLASSES AND WORKSHOPS IN THE IYENGAR TRADITION SINCE 1980

Releasing the Buddha Mind

Yoga & Meditation with Cora Wen

Sundays: Nov 2, Dec 14, Jan 4 & Feb 8

in Palo Alto from 1:00-3:00 pm

\$100 for entire series or \$30 in advance, \$35 at the door

Yoga is more than poses; it is harmony in body and soul.

The Buddhist qualities of Loving Kindness, Compassion, Joy and Equanimity develop the heart and bring happiness to ourselves and others. As your heart becomes more sensitive and open, you exercise muscles that create more clarity and joy, laying a foundation for the practice of happiness.

In this series, we will explore these qualities (Brahmaviharas), a practice of meditations for the heart. We will focus on opening the body to sit comfortably for meditation, and practice recuperative and therapeutic poses. Suitable for all levels.

Please note: Fifteen percent (15%) service charge for cancellations; no refunds one week prior to the event.

To register for Releasing the Buddha Mind: 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. **Mark dates you are attending on your check.**

Name: _____

Address _____

City/state/zip _____

Telephone/e-mail _____

CYC PALO ALTO

541 Cowper

Palo Alto CA 94301

650-947-9642

www.californiayoga.com