



California
Yoga
Center

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

541 Cowper Street
Palo Alto, CA 94301

650-967-5702
www.californiayoga.com

YOGA for Back Care

USE YOGA TO RELIEVE BACK DISCOMFORT

Yoga for Back Care emphasizes yoga postures that help to build strength and develop flexibility. Classes for new and continuing students. Beginners are welcome.

PALO ALTO

Tuesday	10:15-11:45 am	Ann Merlo
Thursday	10:15-11:45 am	Elise Miller
Thursday	6:00-7:15 pm	Vera Popova

MOUNTAIN VIEW

Monday	5:45-7:15 pm	Ann Merlo
Tuesday	10:15-11:45 am	Elise Miller
Wednesday	5:45-7:15 pm	Elise Miller

Drop-in fee for 1.5 hour class is \$17.

Series pricing available. No pre-registration required.