

Castro Valley Adult and Career Education

Yoga Classes

All Levels

Warm, supportive and playful environment

Mondays September 20 - November 29, 2010 5:30-7:00 pm
(No class 11/22/10)

~\$133.00~

Mondays September 20 - November 29, 2010 7:15-8:45 pm
(No class 11/22/10)

~\$133.00~

Class Location: Castro Valley Adult and Career Education ~ Room 12
4430 Alma Avenue, Castro Valley

SARANA MILLER

Yoga Instructor, is a trained Iyengar, Ashtanga and Forrest teacher with many years of training and experience.

REGISTRATION

Online:

www.cvadult.org

In person:

Castro Valley Adult
and Career Education
4430 Alma Avenue
Castro Valley, 94546

By telephone:

(510) 886-1000

Great Students • Great Staff
• Great Expectations!

