

summer morning yoga



Iyengar Yoga at the Berkeley City Club

Start your morning feeling relaxed and energized.

Mixed Level Class

Mondays, 6-weeks, 7/19-8/23

7:30am-8:30am

\$60 – series (all 6 classes)

\$48 – Berkeley City Club Members*

\$12 – single classes

Instructors: Gay White & Nobuko Yamada

*For membership/tour info please contact Berkeley City Club at (510) 280-1536 or (510) 848-7800 ext. 536.



Berkeley City Club

Join us for early morning yoga at Julia Morgan's "Little Castle," a California State Historical Landmark near the UC Berkeley Campus.

Gay and Nobuko will share the teaching of this special series to introduce yoga to the Berkeley City Club, a **beautiful** and **peaceful** setting for you to **relax** and practice.

They are graduates of the Advanced Studies Program at the Yoga Room which has been in operation for over 25 years.

Sign up today!

Berkeley City Club • 2315 Durant Ave. • Between Ellsworth & Dana

Call 510-528-9909 or email gay@yogagarden.org