

darshana yoga™

Iyengar Influenced by B.K.S. Iyengar of Pune, India, these well-rounded classes are taught with awareness of correct alignment and attention to detail. The technique refines your poses, trains the mind to remain quiet, and leaves you feeling refreshed.

Vinyasa Flow This modern uplifting style is based on the ancient flowing technique of “Vinyasa,” which means to flow with the breath. Poses are linked together with mindful attention to breath.

Iyengar & Flow Darshana’s unique style of combining alignment and flow is influenced by director Catherine De Los Santos, who has been teaching this style for over 27 years.

Gentle Yoga Especially devoted to soothing, healing, and opening poses. Great for backs and relieving stress.

Restorative Poses to renew mind and body, often supported with props and held for several minutes.

All Classes

1 class/\$15

Instructor/Darshana Pass*

5 classes/\$70 (2 months)

10 classes/\$135 (3 months)

* Specify for one or all instructors.

No returns on class passes.

1-Hr Private Lesson

1 person/\$100

2 people/\$150

3-10 people/\$200

What to Bring We provide mats for first-time students. Continuing students bring your own mat.

Shop We sell sticky mats and other yoga items.

Parking Night and weekends, use our lot. Weekday, park on the street. Public parking is 1 block N on High St.

Rent the Studio

Call to inquire.

SPECIAL EVENTS

Creating Prosperity

with Rigzin Dorjee Rinpoche
Sunday, March 9, 2-3:30pm/\$35
Tea upstairs: 3:30-4pm

BEST YOGA - PALO ALTO WEEKLY & DAILY 2007!

Catherine De Los Santos, Director
654 High Street, Palo Alto, Ca 94301
650 325-YOGA (9642)
www.darshanayoga.com

darshana yoga™

Mar-Apr 2008

MONDAY

9:00 - 10:30 am	Beginning	Iyengar & Flow	Colleen
12:00 - 1:30 pm	Gentle	Gentle Yoga	Colleen
4:30 - 5:30 pm	Teens	Teens	Catherine
5:45 - 7:15 pm	Int & Adv	Iyengar & Flow	Catherine
7:30 - 9:00 pm	Beg & Int	Iyengar & Flow	Johanna

TUESDAY

9:00 - 10:30 am	Beginning	Iyengar & Flow	Catherine
12:00 - 1:30 pm	Intermediate	Iyengar & Flow	Colleen
5:45 - 7:15 pm	Beginning	Iyengar & Flow	Catherine
7:30 - 9:00 pm	Beginning	Iyengar & Flow	Karen

WEDNESDAY

9:00 - 10:30 am	Beginning	Iyengar & Flow	Catherine
12:00 - 1:30 pm	Beginning	Iyengar & Flow	Catherine
5:45 - 7:15 pm	Int & Adv	Iyengar & Flow	Karen
7:30 - 9:00 pm	Beg & Int	Iyengar & Flow	Johanna

THURSDAY

9:00 - 10:30 am	Gentle	Gentle Yoga	Colleen
12:00 - 1:30 pm	Intermediate	Iyengar & Flow	Catherine
5:45 - 7:15 pm	Beginning	Iyengar & Flow	Catherine
7:30 - 9:00 pm	Beginning	Iyengar & Flow	Susan

FRIDAY

9:00 - 10:30 am	Beginning	Iyengar & Flow	Catherine
12:00 - 1:30 pm	Beginning	Iyengar & Flow	Catherine
5:45 - 7:15 pm	Beg & Int	Vinyasa Flow	Shyamoli

SATURDAY

9:00 - 10:30 am	Advanced	Iyengar & Flow	Catherine
10:45 - 12:15 pm	Beginning	Iyengar & Flow	Catherine
12:30 - 2:00 pm	All Levels	Restorative	Shyamoli

SUNDAY*

9:00 - 10:15 am	Beginning	Iyengar & Flow	Johanna
10:30 - 11:45 am	Intermediate	Iyengar & Flow	Johanna
12:00 - 1:30 pm	Beginning	Vinyasa Flow	Jeanie
4:00 - 5:30 pm	Beginning	Iyengar & Flow	Heleen

* We are open on Mar 23.

LEVELS

Beginning For new and experienced beginners.

Intermediate For students ready for headstand/handstand.

Advanced For strong and experienced students.

Teens Just for teens.

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