



California
Yoga
Center

Cator is an E-RYT 500 through Yoga Alliance, and completed yoga teacher training through both the Iyengar Yoga Inst. of SF & Kripalu Yoga Center.

A mindfulness meditation teacher, Cator is also a certified practitioner of Visionary Craniosacral Bodywork through the Milne Institute.

Cator has taught yoga & mindfulness meditation to both adults and youth in SF since 1995, and has a private practice of Craniosacral Bodywork working with adults, children, & infants - www.catorshachoy.com.

She is the founder of Youth Yoga Dharma, and has trained teachers since 2005 - www.youthyogadharm.org.

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 the

Subtle Body

with Cator Shachoy

Sunday, June 23 1:30-4:30 pm

When we tune into the subtle energies of the body, we can learn to hold yoga poses with less effort and more ease. This results in going deeper in our practice. Working in this way will facilitate healing of injuries and structural imbalances.

The cranial wave is a subtle body pulse. When we recognize this pulse, we are invited into a space of deep calm, and awareness of subtle internal movement. The experience and understanding of the cranial wave and its impact on physiology can invite us into a deeper relationship of body and mind. This is very helpful as our practice matures.

This workshop includes lecture/discussion, hands on partnered bodywork, pranayama and asana.

Six months yoga practice will be helpful. Teachers are also welcome. Fee is \$50 in advance; \$60 on day of event.

Register online or by mail **Yoga for the Subtle Body June 23 in Mountain View**

Mail this form with check payable to CYC to California Yoga Center
1776 Miramonte Avenue, Mountain View, CA 94040

Name _____

Address _____

City/State/ZIP _____

Telephone / e-mail _____