



## Japanese Cultural and Community Center of Northern California

1840 Sutter Street, San Francisco, CA 94115 • Tel: 415-567-5505 • Fax: 415-567-4222 • [www.jcccnc.org](http://www.jcccnc.org)

### PRESS ANNOUNCEMENT For Immediate Release

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### JCCCNC Presents Dharma Yoga with Instructor Misha Kiyomura

*SAN FRANCISCO (June 21 2011)* – Starting Saturday, July 9, 2011, the Japanese Cultural and Community Center of Northern California (JCCCNC) will be offering Dharma Yoga classes every Saturday taught by certified instructor, Misha Kiyomura.

Dharma Yoga uses yoga postures, breathing techniques, deep relaxation, meditation and classical yoga philosophy to cleanse and strengthen the body, mind and spirit, bringing you to a state of peace and contentment.



Instructor Misha Jade Kiyomura discovered yoga using a borrowed copy of "The Complete Idiots Guide to Yoga" while living abroad in Japan. She now holds an advanced teaching certificate in Dharma Yoga, traditional yoga through the lineage of her master teacher, Dharma Mittra. Misha taught yoga in Hokkaido, Japan before returning home to the Bay Area, where she now teaches yoga for the YMCA of SF and preschool at Nihonmachi Little Friends in Japantown. As a 4th generation Japanese-American, Misha looks forward to bringing yoga to the Nihonmachi community.

Classes will be held weekly every Saturday morning from 10:30 AM until 12 PM. Classes are open to all levels and fees are \$8 for members, \$10 for non-members or a monthly fee of \$30 for members and \$38 for non-members.

For more information and to sign-up, please contact the JCCCNC at 415-567-5505.

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### **About JCCCNC**

Envisioned by the Japanese American community, JCCCNC will be an everlasting foundation of our Japanese American ancestry, cultural heritage, histories and traditions. The JCCCNC strives to meet the evolving needs of the Japanese American community through programs, affordable services and facility usage. The JCCCNC is a non-profit community center based in San Francisco.