

Winter & Spring 2017



2050 4th Street

Berkeley, CA 94710

www.horneryoga.com

Asana – Angahara I

Linear and Circular Arrangements

with

Mark Horner

Winter 2017 - Linear Arrangement

7 Saturdays

9:45 - 11:15am

January 7 - March 25

(no class 1/14; 2/11, 18, 25; 3/11)

Spring 2017 - Swaying Arrangement

7 Saturdays

9:45 - 11:15am

April 1 - June 24

(no class 4/8, 22; 5/6, 20, 27; 6/3)

From the Shadow Yoga website: "The word asana (body posture) is derived from the Sanskrit root asa-bhuvī meaning to be, to stay, to exist. This suggests that the application of asana is not about 'becoming' something but discovering what is already present, not about 'gaining enlightenment', but redeeming the saḥajawastā (natural state) which is the abode of the human soul. Of the many asanas some are dynamic and some static but all are physical methods utilized in the early stages of restoring this natural state. The term angahara refers to the sequential arrangements of bodily shapes as well as to the arrangement of the limbs within these shapes."

The Asana-Angahara practices have as their foundation the chalanas (warm-up exercises), the 3 prelude forms, and the nṛtā sadhana. The Level I has two arrangements: linear and swaying. The linear work is best for the morning/sunrise practice as it helps to bring the vital energy into the bones and blood which supports daytime activity. The swaying work is best for the afternoon/sunset practice as it helps to return the vital energy to the nerves to support evening activity, recuperation, and sleep. Student will learn the linear from in the winter session, and the circular form in the spring.

PLEASE NOTE: For students interested in learning the Asana Angahara Level II, with Shandor and Emma in 2017, this course will serve as prerequisite.

For whom: To qualify for this course students must be experienced with ALL three preludes and the Nṛtā Sadhana 8 Palms.

Drop-in Policy: Only those students who have completed an Angahara I course with Shandor Remete and Emma Balnaves may drop-in.

Drop-in fee: \$28

Mark Horner is the director of Hatha Yoga Shala – East Bay. He has taught Hatha Yoga for 26 years, and has studied with Shandor Remete, the founder of Shadow Yoga, for the past 22 years.



Asana-Angahara I

Make checks payable to **Mark Horner**

Mail to: 2050 4th Street Berkeley, CA 94710

Winter - 7 Saturdays

- \$175 (paid by 12/24/16)
- \$189 (paid after 12/24/16)

Spring - 7 Saturdays

- \$175 (paid by 3/18/17)
- \$189 (paid after 3/18/17)

name _____

address _____

city / zip _____

email _____

phone _____

Refund / cancellation policy: full refund given (less a \$20 cancellation fee) if notice is given a minimum of 14 days prior to the first session. Cancellations within 14 days receive no refund. In addition, after a course has begun, no refunds or credits will be given for missed classes or withdrawals.