



2050 4th Street
Berkeley, CA 94710
www.horneryoga.com

Establishing the Foundation

Shadow Yoga and the Art of Skillful Preparation

with

Mark Horner

Sunday April 2, 2016

8:00am - 10:30am

\$75 or \$65 paid by March 18

The path of Shadow Yoga is rich and complex, involving clear stages of training meant to be fulfilled progressively (vinyasa krama). Skillful practice at each stage may bring proficiency in its associated methods, but practice alone is not enough to ensure success. One must also comprehend what one is doing, why it is being done, and how each component of the system fits together as a unified whole. This workshop is designed to shed light on this important subject by providing participants a deeper understanding of the principles which govern the practice of the Shadow Yoga prelude forms, and how the preludes fit into the bigger picture of the classical Hatha Yogic system. Particular emphasis will be placed on the art of preparatory work and the ways in which Shadow Yoga addresses it skillfully and systematically.

For Whom: All students with some yoga experience, regardless of style, are welcome. For students new to Shadow Yoga, this workshop will serve as an introduction to this style. Current Shadow Yoga students, experienced with the preludes, will gain a deeper understanding of the bigger picture of practice and shore-up their foundation, which is often the key to overcoming persistent obstacles and entering new depths of freedom and competency



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.

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Register at horneryoga.com with PayPal...or...

**with checks payable to Mark Horner. Mail to:
2050 4th Street, Berkeley CA 94710**

- \$65** - paid by March 18, 2017
- \$75** - paid after March 18, 2017

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 workshop. Cancellations within 14 days receive no refund.