



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

INDIVIDUALIZED ASANA COURSES

with
Mark Horner

September to December, 2017

10 Tuesdays

Sept 19 to Dec 12

no class Oct 3, 10; Nov 21

9 Thursdays

Sept 21 to Dec 14

no class Oct 5, 12, 19; Nov 23

9 Fridays

Sept 22 to Dec 15

no class Oct 6, 13, 20; Nov 24

Traditionally yoga asanas were taught through an individualized approach adjusted to the unique needs of each student. This eliminates unproductive activity by focusing energy and attention on asanas that will most quickly remove the present obstructions. To support this, one-to-one guidance and hands-on adjustments are given. Students learn to develop a self-directed practice, an essential step if true progress is to be made. As a result, each student will progress faster when an individualized course is added to compliment group instruction courses.

Numbers are limited. The times listed on the registration form are when you will be adjusted. Plan to start 30-45 minutes prior, and allow about 1 to 1 1/2 hours total. Knowledge of a Shadow Yoga prelude is required to attend.

If you are not currently enrolled in an IA course and wish to begin in the Winter session, please contact Mark for available times, as priority is given to those continuing. **PAYMENT IN FULL IS REQUIRED TO RESERVE YOUR SPACE.**

Make-up Policy: Any make-ups must be arranged PRIOR to the start of the course. Make-ups are subject to availability, and not guaranteed. Once the course has begun, any missed classes cannot be made-up.

Mark Horner is the director of Hatha Yoga Shala – East Bay, and teaches throughout the San Francisco Bay Area. He has taught Hatha Yoga for 26 years, and has studied with Zhander Remete, the founder of Shadow Yoga, for the past 22 years. His teaching, adjusting, and body-reading skills are enhanced by 8 years of professional bodywork practice as a certified Rolfer.



Registration Form

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

\$280 for 10 Tuesdays)

- 5:00pm
- 5:10pm
- 5:20pm
- 5:30pm
- 5:40pm
- 5:50pm
- 6:00pm
- 6:10pm
- 6:20pm
- 6:30pm

\$252 for 9 Thursdays

- 4:50pm
- 5:00pm
- 5:10pm
- 5:20pm
- 5:30pm
- 5:40pm
- 5:50pm

\$252 for 9 Fridays

- 8:20am
- 8:30am
- 8:40am
- 8:50am
- 9:00am
- 9:10am
- 9:20am
- 9:30am
- 9:40am
- 9:50am
- 10:00am

\$513 for Tues + Thurs or Fri

name _____
address _____
city / zip _____
email _____
phone _____