



# INDIVIDUALIZED ASANA COURSES

with  
Mark Horner

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

January to March, 2012

**10 Tuesdays**  
Jan 3 to Mar 6

**10 Thursdays**  
Jan 5 to Mar 8

**10 Fridays**  
Jan 6 to Mar 9

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 and start times staggered to ensure everyone receives help. As progress is made, your practice will be evolved accordingly. Allow about 1 to 1 1/4 hours for your session. PAYMENT IN FULL IS REQUIRED TO RESERVE YOUR SPACE. REGISTER EARLY FOR BEST SELECTION.

**Prerequisite:** Knowledge of a Shadow Yoga prelude is required to attend.

**Make-up Policy:** Any missed classes may be made up during the current session only (subject to availability and prior arrangement). Please stick to your reserved time.

**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 20 years, and has studied with Zhander Remete, the founder of Shadow Yoga, for the past 17 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

\$220 for 10 Tuesdays (\$22/class)

- 4:30pm
- 4:45pm
- 5:00pm
- 5:15pm
- 5:30pm
- 5:45pm
- 6:00pm
- 6:15pm

\$220 for 10 Thursdays (\$22/class)

- 4:00pm
- 4:15pm
- 4:30pm
- 4:45pm
- 5:00pm
- 5:15pm

\$220 for 10 Fridays only (\$22/class)

- 8:15am
- 8:30am
- 8:45am
- 9:00am
- 9:15am
- 9:30am

\$400 for any two days (\$20/class)

name \_\_\_\_\_

address \_\_\_\_\_

city / zip \_\_\_\_\_

email \_\_\_\_\_

phone \_\_\_\_\_