



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

INDIVIDUALIZED ASANA COURSES

with
Mark Horner

January to March, 2017

10 Tuesdays
Jan 10 to Mar 21
no class Feb 21

10 Thursdays
Jan 12 to Mar 23
no class Feb 23

10 Fridays
Jan 13 to Mar 24
no class Feb 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
 6:40pm

\$280 for 10 Thursdays

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

\$280 for 10 Fridays

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

\$540 for any two days

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