



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

SUMMER & FALL 2017

NRTTA SADHANA

Ananda Tandava & Lasya (long form)

with
Mark Horner

Saturdays
9:45 to 11:15am

Ananda Tandava
5 sessions
July 29 to August 26



Lasya (long form)
7 sessions
Sept 23 to Dec 16
(no class Sept 30; Oct 7 & 21;
Nov 4 & 25; Dec 9)



"Nrtta is that sadhana through which the sadhaka (aspirant) rediscovers the rhythmic life currents hidden in the body's folds and limbs by means of unimposed natural positioning."
Sundernath (Shandor Remete)

Nrtta Sadhana has three forms:

Ashta Matrikas (eight mother palms) - also referred to as the "short form". This is the starting point for learning the Nrtta Sadhana and experience with this form is prerequisite to learning the next two

Ananda (Samhara) Tandava (Shiva's destructive dance) - taught during summer 2017

Lasya (Kali's creative dance) - also referred to as the "long form" - taught during fall 2017

FOR A DESCRIPTION OF NRTTA SADHANA VISIT:
"about Nrtta Sadhana" on www.horneryoga.com

Drop-in Policy: Individual sessions may be attended only by students who have learned the Ananda Tandava and Lasya with Shandor & Emma.

Drop-in fee is \$28/class.

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.



Nrtta Sadhana Courses

Make checks payable to **Mark Horner**

Mail to: 2050 4th Street Berkeley, CA 94710

Ananda Tandava - 5 classes / Summer

- \$125 - paid by July 15, 2017
- \$135 - paid after July 15, 2017

Lasya long form - 7 classes / Fall

- \$175 - paid by Sept 1, 2017
- \$189 - paid after Sept 1, 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 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.