



2050 4th Street

Berkeley, CA 94710

www.horneryoga.com

The Yogic Tool Box

Developing understanding & skillful application

with

Mark Horner

Sunday October 29, 2017

8:00am - 10:30am

\$75 or \$65 paid by Sept 2

The various practices and methods of Hatha Yoga form the tool box utilized by the yogic practitioner to catalyze healing and transformation. The Shadow Yoga Preludes begin the process of building this tool box while developing the skills and understanding necessary for skillful application.

The tools of the preparatory stage of practice, fall into four categories of method and effect, and are part of a whole package of synergistic effect - this will be thoroughly explored in the workshop through lecture and guided practice. Participants will leave with a more complete understanding of the tools they are developing through practice of the prelude forms. This understanding, combined with a heightened ability to assess one's current condition, will bring greater power and clarity of action into one's practice, resulting in more benefit with less wastage of time and energy.

For Whom: All current Shadow Yoga students, experienced with at least one prelude, will benefit and are strongly encouraged to attend. Please contact Mark if you have any questions.



Mark Horner co-directs Hatha Yoga Shala - East Bay with his wife, Judy Yu. 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 Sept 2, 2017
- \$75 - paid after Sept 2, 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.