

BALAKRAMA

and Intro to Primary Asana

with Judy Yu

This course will refine the Balakrama prelude, and introduce the practice of primary asana vinyasa through the important seed asanas which form the basis for all other more complex and difficult asanas. Without mastery of the seeds, the others will not bear fruit. Students will also gain experience with "full practice format", which includes the warm-ups, prelude form, asana-vinyasa, and conclusion, which amounts to a complete and balanced practice session.



7 SUNDAYS

Jan 22 to Mar 26

(no class 2/12 & 19; 3/12)

8am - 9:30am

\$189 OR \$175 BY DEC 24, 2016



Hatha Yoga Shala
EAST BAY

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www.horneryoga.com

www.hathayogashalaeastbay.com

Prerequisite

Open to all students experienced with the Foundations of Shadow Yoga course, or the Foundations & Intro to Balakrama course. Please talk with Judy or Mark if you have questions.

Registration

Two ways to register:

1. ONLINE – www.horneryoga.com via PayPal
2. BY CHECK Payable To "Mark Horner" & mailed to address below. include your name, address, phone, & email

See website for refund/cancellation policy.

Drop-in Policy

This course is taught progressively, so full participation is strongly recommended. Individual sessions may be attended-only by students who have successfully completed a prior Balakrama course AND Primary Asana Course. Drop-in fee is \$28/class.