

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.



4 SUNDAYS

Nov 12 to Dec 17

(no class 11/26 & 12/10)

8:30am - 10:00am

\$108 OR \$100 BY Sept 1, 2017



Hatha Yoga Shala
EAST BAY

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www.horneryoga.com

www.hathayogashalaeastbay.com

Prerequisite

To qualify for this course students must be experienced with the Balakrama. 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.