

BALAKRAMA

the first prelude

with Judy Yu

The Balakrama (“step to strength”) is the first Shadow Yoga prelude to be learned. This dynamic and flowing practice builds the power and functioning of the legs which in turn strengthens the bones, blood and vital breath. The Balakrama systematically builds the foundation thus setting the stage for the safe and effective unfolding of the deeper practices of Hatha Yoga. This course will progressively teach the Balakrama Prelude in a step by step manner.



4 SUNDAYS

SEPT 17 to OCT 15 (no class Oct 1)

9:45am - 11:00am

\$108 OR \$100 BY Sept 2, 2017



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 with prior permission. 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. Drop-in fee is \$28/class.