

CHAYA SANCHALANAM

Full Practice Format

with Judy Yu

This course will teach and refine the Chaya Sanchalanam prelude, and introduce full practice format, which includes the prelude form, primary asana/vinyasa, inversion, and conclusion. Students will gain experience with a complete and balanced practice while further developing the important primary seed asanas.



7 SUNDAYS

April 16 to June 25

(no class 4/23, 5/7, 5/28, 6/4)

8am - 9:30am

\$189 OR \$175 BY MAR 18, 2016



Hatha Yoga Shala
EAST BAY

2050 4th Street, Berkeley, CA 94710

510 - 859 - 7795

www.horneryoga.com

www.hathayogashalaeastbay.com

Prerequisite

This qualify for this course students must have taken at least one of the following: "Foundations of Shadow Yoga course" or the "Establishing the Foundation workshop" or a full "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 Chaya course. Drop-in fee is \$28/class.