



2050 4th Street
Berkeley, CA 94710
www.horneryoga.com

FOUNDATIONS OF Shadow Yoga

COURSE
with
Judy Yu

Two Sundays: Dec 10 & 17, 2017
10:15am - 11:30am
\$50 prepaid / \$55 at the door

FOUNDATIONS OF SHADOW YOGA COURSE

This two session course gives a clear and simple introduction to the Shadow Yoga practice. Students will learn the joint mobilization exercises, basic stances, and karanas (dynamic whole-body movements which integrate the limbs and spine). From this workshop students will gain exposure to some of the important and unique aspects of this powerful and effective style of practice and will leave feeling open, grounded, and energized.

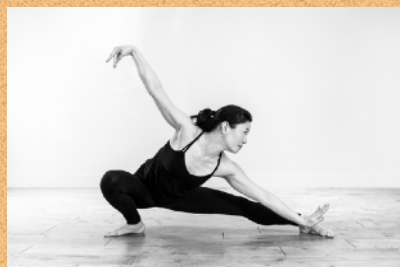
This course is for ALL STUDENTS REGARDLESS OF EXPERIENCE LEVEL, and is prerequisite to learning the Shadow Yoga Prelude forms: Balakrama, Chaya Sanchalanam, and Kartikkeya Mandala.

Upon completion of this workshop, students will be eligible to take the Balakrama course and Chaya Sanchalanam Courses beginning in January 2018.

PREREGISTRATION IS REQUIRED!

About Shadow Yoga: Shadow Yoga draws from the preparatory principles common to Hatha Yoga and the self-cultivating arts (martial and dance). Utilizing dynamic stances and warrior forms in round and spiral movements, Shadow Yoga works to remove blockages to the free flow of vital energy, while igniting the inner fire. This builds a solid foundation for the practices of asana, mudra, pranayama, and meditation.

Judy Yu is an acknowledged Shadow Yoga teacher and has been practicing Shadow Yoga since meeting her teachers Zhander Remete and Emma Balnaves in 2006. From her first introduction to Shadow Yoga, she was immediately drawn to the intelligence and depth of the approach and effectiveness of the system. She co-directs the Hatha Yoga Shala East Bay with her partner, Mark



Foundations Workshop

Register at horneryoga.com with PayPal...or...
with checks payable to **Mark Horner**. Mail to:
2050 4th Street, Berkeley CA 94710

\$50 - prepaid

name _____

address _____

city / zip _____

email _____

phone _____

Refund / cancellation policy: a credit towards a future course / workshop will be given if cancelled no less than one week prior to the first session. Cancellations or withdrawals within one week or after the start of a course receive no refund.