



2050 4th Street

Berkeley, CA 94710

www.horneryoga.com

FOUNDATIONS OF Shadow Yoga

WORKSHOP

with

Mark Horner

Sunday Sept 10, 2017

8:30am - 10:45am

\$60 or \$50 paid by Sept 2

FOUNDATIONS OF SHADOW YOGA WORKSHOP

This single session workshop 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 workshop 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 beginning Sept 17th.

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.

Mark Horner co-directs Hatha Yoga Shala - East Bay with his wife, Judy Yu. He has taught Hatha Yoga for 26 years, and has studied with Shandor Remete, the founder of Shadow Yoga, for the past 22 years.



Foundations Workshop

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

- \$50 - paid by Sept 2, 2017
- \$60 - paid after Sept 2, 2017

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.