



2050 4th Street

Berkeley, CA 94710

www.horneryoga.com

FOUNDATIONS OF Shadow Yoga

ONGOING DROP-IN CLASSES

Sundays • 9:00 - 10:00am
(no class Jan 29, Feb 26, Mar 25)

Tuesdays • 7:30 - 8:30pm

\$15 / class drop-in
\$60 / 5 classes

Can mix between both days

Begins January 8 & 10, 2012

These ongoing Sunday morning and Tuesday evening classes teach the fundamentals of Shadow Yoga through a dynamic and flowing yoga practice of joint mobilization exercises, stances, primary asanas, and movements which integrate the limbs and spine. Emphasis is placed on building the power and functioning of the legs, awakening the waist and abdomen, liberating the breath, and improving overall strength and flexibility. Regular attendance at these classes will leave you feeling grounded, centered, and relaxed while building a solid foundation for further growth.

About Shadow Yoga: Shadow Yoga is a progressive and evolving style of Hatha Yoga that draws from the preparatory principles common to Hatha Yoga and the self-cultivating arts (martial and dance). This powerful practice integrates dynamic stance work and warrior forms in round and spiral movements to clear blockages to the free flow of life energy, while building the inner fire. This sets the stage for the practices of asana, pranayama, and meditation.

For Whom: open to ALL STUDENTS. No prior experience with Shadow Yoga or other styles of yoga is required. JUST SHOW UP!

Teachers: Judy, Linda, and Bianca will rotate teaching on both Tuesday and Sunday

Judy Yu is a committed practitioner and teacher of Hatha Yoga. Her teaching is based in the principles of Classical Hatha and Shadow Yoga. She continues to study Shadow Yoga intensively with her teachers Zhander Remete and Emma Balnaves, whom she met in 2006. Judy co-directs the Hatha Yoga Shala with her partner Mark.

Linda Della Maggiora has been practicing and studying yoga for over 12 years. In 2002 she completed Mark's Advanced Studies Teacher's Training Course. In 2003 she had the opportunity to begin studying with Shadow Yoga founder Zhander Remete and continues to study with him and his partner Emma Balnaves regularly.

Bianca Omena has been studying yoga for ten years and teaching for seven. She was initiated in Mantra Yoga Meditation from Swami Devanad Jhi Maharaj and has studied classical Hatha and Ashtanga Vinyasa Yoga. Since 2008 she has been studying Shadow Yoga with Scott Blossom, Mark Horner, Zhander Remete and Emma Balnaves. Bianca believes that yoga is a path to learn about patterns, attachments, and fears; and through a continuous practice anyone can take responsibility for their own growth and self-realization. Bianca's classes are focused on fundamental principals of Hatha Yoga. She likes to bring awareness to the movement of vinyasa and to the energy flow of the body.