



2050 4th Street

Berkeley, CA 94710

www.horneryoga.com

A workshop series

Hatha Yoga, Ayurveda and the Art of Purification

with

Mark Horner

First Workshop

January 28

2:00 - 4:30pm

Second Workshop

March 24

2:00 - 4:30pm

At its core, Hatha Yoga is a process of purification of the body/mind from the effects of habitual living which distort and limit perception of reality. This process unfolds in layers, from gross to subtle, culminating in Viveka, or the clear seeing of ultimate truth. Without fulfilling the foundation levels of purification, true progress in Hatha Yoga is not possible.

This two-workshop series will give students a practical grounding in the art and science of purification using the principles, practices, and methods of Hatha Yoga and Ayurveda.

Emphasis will be placed on learning to practically apply the Hatha Yogic "tools" of shatkarma (six purifications), mitahara (controlled intake of right substance), and other important practices to balance and strengthen agni (digestive fire).

The ayurvedic principles of prakriti (constitution), pairs of attributes, dosha, six tastes, agni and ama, dinacharya (daily routine), and much more, will be explored with an eye towards learning to skillfully navigate the changing inner and outer conditions of life in ways that maintain harmony with our basic nature, thus lessening the negative accumulation of dosha and the need for purification.

All students and teachers will benefit, and are strongly encouraged to participate.

Mark Horner is the director of Hatha Yoga Shala – East Bay, and teaches throughout the San Francisco Bay Area. He has taught Hatha Yoga for 21 years, and has studied with Zhander Remete, the founder of Shadow Yoga, for the past 18 years.



**Hatha Yoga, Ayurveda
& the Art of Purification**

Make checks payable to Mark Horner

Mail to: 2050 4th Street Berkeley, CA 94710

- \$50 - Session #1: January 28 paid by 1/14/12
- \$60 - Session #1: January 28 paid after 1/14/12
- \$50 - Session #2: March 24 paid by 3/10/12
- \$60 - Session #2: March 24 paid after 3/10/12
- \$90 - BOTH SESSIONS paid by 1/14/12

name _____

address _____

city / zip _____

email _____

phone _____

Refund / cancellation policy: full refund given (less a \$20 cancellation fee) if notice is given a minimum of 14 days prior to the first session. Cancellations within 14 days receive no refund. In addition, after a course has begun, no refunds or credits will be given for missed classes or withdrawals.