



Hatha Yoga Shala  
EAST BAY

2050 4th Street

Berkeley, CA 94710

www.horneryoga.com

# Kartikkeya Mandala

Practice and Refinement

with

Judy Yu

Four Sundays

8:00 - 9:30am

Sept 17 to Oct 15

(no class Oct 1)

**Kartikkeya Mandala (Garland of Light)** consists of complex spiral and twisting movements that free the spine from the imposition of the limbs by clearing the obstruction of marma in the shoulder girdle, side ribs, waist, and hips. This prepares the body for the more challenging compound asanas. In this course students practice and refine the Kartikkeya Mandala prelude and Asana / Vinyasa.

**For Whom:** Participants must have a solid grounding in the Balakrama prelude and experience with the Chaya Sanchalanam prelude AND Kartikkeya Mandala.

**Drop-in Policy:** This course is taught progressively, so full participation is strongly recommended. Individual sessions may be attended only by students who have completed a prior Kartikkeya Mandala Course.

**Drop-in fee is \$28/class.**

**Judy Yu** Judy 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.



## Kartikkeya Mandala

Make checks payable to **Mark Horner**

Mail to: 2050 4th Street Berkeley, CA 94710

**Sunday Mornings - 4 classes**

\$100 - paid by Sept 2, 2017

\$108 - paid after Sept 2, 2017

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.