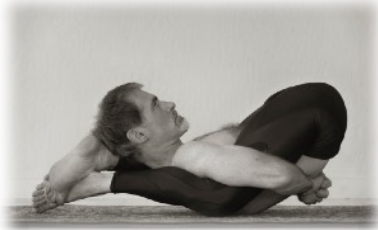


About Mark Horner

Mark has been teaching Hatha Yoga for 26 years and is an acknowledged Shadow Yoga Teacher, having studied this style with its founder, Zhander Remete for the past 22 years. Mark's teaching is enhanced by 8 years of bodywork practice as a Certified Rolfer as well as many years of classical piano study, rock climbing, and the study of Ayurveda and Advaita Vedanta. Mark is the founder and Director of Hatha Yoga Shala East Bay.



About 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, depth, and effectiveness of the approach. She co-directs the Hatha Yoga Shala East Bay with her partner, Mark.



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HATHA YOGA with Mark Horner & Judy Yu

WINTER 2017

January - March, 2017

Shadow Yoga, as developed by Shandor Remete, integrates the methods and practices common to Hatha Yoga and the self-cultivating arts (martial and dance). Three fixed practice forms (preludes) are utilized for training. This systematic process liberates the flow of the life force while stabilizing the mind, thus setting the stage for the inner work of asana, mudra, pranayama, and meditation.

Nrta Sadhana involves the utilization of slight bodily movements within large bodily shapes (Karanas), practiced in sequential arrangement (Angahara), with rhythmic transitions. Mark is one of a dozen teachers worldwide authorized to teach the Short Form of Nrta Sadhana - Eight Palms.

Course-based Instruction: Shadow Yoga and Nrta Sadhana are taught in a course-based, pre-registration format, so the teaching can be built up progressively to support depth of learning and embodiment.

Courses

(offered throughout the year)

- **Foundations of Shadow Yoga** - the starting point for beginners
- **The Three Prelude Forms** - the core of the practice
Balakrama • Chaya Yoddha Sanchlanam • Kartikeya Mandala
- **Individualized Asana** - self directed practice with asana/vinyasa tailored to individual needs and manually adjusted by the teacher
- **Practitioner Intensives** - for students who have completed a practitioner training program with Mark; designed to support and enhance the practitioner training curriculum
- **Asana Angahara** - sequential arrangements of asana to prepare for mudra & pranayama. In 2016 Angahara Level I will be taught
- **Nrta Sadhana: Eight Palms** - for students experienced with all 3 Preludes

Practitioner Training Program

Based in the methods, practices, and theory of Shadow Yoga and Classical Hatha Yoga, this challenging and comprehensive training program is focused on helping dedicated students, aspiring teachers, and current teachers deepen their practice and understanding of Hatha Yoga in order to become solid, self-directed, and skillful practitioners - the foundation for a rich and effective personal practice, and the essential basis behind skillful teaching.

Download the brochure at www.horneryoga.com.

Level III - October 2016 to May 2017 - **currently in session**

Practitioner Training Retreat - April 21-23, 2017 **for Level I & II graduates**

Level II - September 2017 to May 2018

Level I - Fall 2018 **exact dates TBD**

Practitioner Intensive

10 Thursday evenings

6:15 to 7:45pm

Jan 12 to Mar 23

(no class Feb 23)

\$270 or \$250 early registration

\$28 Drop-in *(see below)

7 Saturday mornings

7:15 to 9:30am

Jan 7 to Mar 25

(no class Jan 14; Feb 11, 18, 25; Mar 11)

\$210 or \$196 early registration

\$33 Drop-in *(see below)

\$434 for Both Days

Integrating Structured training and Freestyle Practice:

In the preliminary stages of Hatha Yoga study, structured training predominates. This is due to the fact that a solid foundation and a complete tool box cannot be established without it. Over time, freestyle practice will come forth, as the fruit earned from fulfilling the structured training. This course will explore the relationship between these two aspects of personal practice while helping participants become more proficient in both and better understand how to bring them into a dynamic and potent balance.

*Drop-in is only open to students who are experienced in all three Preludes and the Nrtta Sadhana 8 Palms.

More info and online registration at:

WWW.HORNERYOGA.COM

Individualized Asana Courses

10 Tue: 4:30 to 7pm: Jan 10 to Mar 21

10 Thur: 4:15 to 6pm: Jan 12 to Mar 23

10 Fri: 7:45 to 10:30am: Jan 13 to Mar 24

\$280 - for any one day

\$540 - for any two days

Asana Angahara I - Linear Arrangement

7 Saturdays 9:45 to 11:15am

Jan 7 to Mar 25

(no class Jan 14; Feb 11, 18, 25; Mar 11)

PLEASE NOTE: participants must be experienced in ALL three preludes and the Nrtta Sadhana 8 Palms. The linear arrangement will be taught in winter (Jan-Mar) and the swaying arrangement in spring (April - June).

\$189 or \$175 early registration

\$28 Drop-in *Drop in is only open to students who have taken the course with Shandor and Emma.*

Foundations & Intro to Balakrama - two-session workshop

Saturday & Sunday 3-5pm

January 7 & 8

Taught by Judy Yu

\$75 or \$65 early registration

Balakrama & Intro to Primary Asana

7 Sundays 8:00 to 9:30am

Jan 22, 29; Feb 5, 26; Mar 5, 19, 26

Taught by Judy Yu

\$189 or \$175 early registration

\$28 Drop-in: *Drop in is only open to students who have taken the course before.*

Early registration for ALL courses is:
December 24, 2016