

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.



HATHA YOGA with Mark Horner & Judy Yu

SUMMER 2017

JULY 23 - SEPT 1, 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 authorized to teach the 3 forms of Nrta Sadhana - Eight Palms, Ananda Tandava, and Lasya (long form).

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** - for students experienced with all 3 Preludes



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horneryoga.com • hathayogashalaeastbay.com

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 II - September 2017 to May 2018 - registration now open

Level I - Fall 2018 exact dates TBD

Level IV - Fall 2018 or early 2019- exact dates TBD

Asana Intensive

6 Thursday evenings

6:15 to 7:45pm

July 27 to August 31

\$162 or \$150 early registration

\$28 Drop-in *(see below)

5 Saturday mornings

7:15 to 9:30am

July 29 to August 26

\$150 or \$140 early registration

\$33 Drop-in *(see below)

\$281 for Both Days

Summer / Fall Asana Intensive: The practice of Asana has many aspects: from building physical capacity, to correcting structural and energetic imbalance, to the subtle work of establishing the seat, or the container for the internal practices of hatha yoga. This summer & fall asana intensive will teach a variety of asanas and vinyasas in terms of these different aspects of practice. In addition, the sciences of marma, nadi, and vayu, as well as relationships within the myofascial system, will be drawn upon to enrich understanding and skill.

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

Individualized Asana Courses

6 Tue: 4:30 to 7pm: July 25 to August 29

6 Thur: 4:15 to 6pm: July 27 to August 31

6 Fri: 7:45 to 10:30am: July 28 to Sept 1

\$168 - for any one day

\$324 - for any two days

Nrta Sadhana - Ananda Tandava

5 Saturdays 9:45 to 11:15am

July 29 to August 26

PLEASE NOTE: participants must be experienced with the 8 Palms short form (Ashta Matrikas or eight mother palms)

\$135 or \$125 early registration

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

Foundations and Intro to Balakrama

4 Sundays 9:45 to 11:00am

July 23 to August 13

Taught by Judy Yu

\$108 or \$100 early registration

Karttikeya Mandala Prelude

6 Sundays 8:00 to 9:30am

July 23 to August 27

Taught by Judy Yu

\$162 or \$150 early registration

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

More info and online registration at:

WWW.HORNERYOGA.COM

Early registration for ALL courses is:

[July 15, 2017](#)