

## 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 co-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

# FALL 2017

SEPT 10 - DEC 17, 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

# Fall 2017 Schedule

## 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](http://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

### 9 Thursday evenings

6:15 to 7:45pm  
Sept 21 to Dec 14  
(no class Oct 5, 12, 19; Nov 23)

**\$243 or \$225 early registration**  
**\$28 Drop-in** \*(see below)

### 7 Saturday mornings

7:15 to 9:30am  
Sept 23 to Dec 16  
(no class Sept 30; Oct 7, 21; Nov 4 & 25; Dec 9)

**\$210 or \$196 early registration**  
**\$33 Drop-in** \*(see below)  
**\$408 for Both Days**

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

## The Yogic Tool Box

*a workshop with Mark Horner*

Sunday Oct 29 - 8:00 to 10:30am  
**\$75 or \$65 early registration**

## Balakrama

*and intro to primary asana*

4 Sundays 8:30 to 10:00am  
Nov 12 to Dec 17  
(no class 11/26 & 12/10)  
*Taught by Judy Yu*

**\$108 or \$100 early registration**  
**\$28 Drop-in:** *Only for those who have taken the course before.*

# Sept 10 - Dec 17, 2017

## Individualized Asana Courses

10 Tue: 4:30 to 7pm: Sept 19 to Dec 12  
9 Thur: 4:15 to 6pm: Sept 21 to Dec 14  
9 Fri: 7:45 to 10:30am: Sept 22 to Dec 15

**\$280 - for Tue; \$252 for Thur or Fri; \$513 - for Tue + Thur or Fri**

## Nrtta Sadhana - Lasya Long Form

7 Saturdays 9:45 to 11:15am  
Sept 23 to Dec 16 (no class 9/30; 10/7 & 21; 11/4 & 25; 12/19)

**\$189 or \$175 early registration**

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

## Balakrama *Taught by Judy Yu*

4 Sundays 9:45 to 11:00am  
Sept 17 to Oct 15 (no class Oct 1)

**\$108 or \$100 early registration**

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

## Kartikkeya - practice & refinement

4 Sundays 8:00 to 9:30am  
Sept 17 to Oct 15 (no class Oct 1)  
*Taught by Judy Yu*

**\$108 or \$100 early registration**

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

## Foundations of Shadow Yoga - workshop

*with Mark Horner*

Sunday Sept 10 - 8:30 to 10:45am

**\$60 or \$50 early registration**

**More info & online registration:**

**[WWW.HORNERYOGA.COM](http://WWW.HORNERYOGA.COM)**

**Early registration for all courses is Sept 2, 2017**