

# SHADOW YOGA

January to March 2012

with  
MARK HORNER



## Courses

*Held at Hatha Yoga Shala - East Bay. Go to [www.horneryoga.com](http://www.horneryoga.com) for complete details of each course*

<b>Shadow Yoga: for Experienced Students</b>	12 Mondays and/or 10 Saturdays - 7:30-9:30a	
• Mon: 1/9 - 3/26    Sat: 1/7 - 3/31 (no class 1/28, 2/25, 3/24)		Berkeley
<b>Individualized Asana Courses</b>	Tues - 4:30-7:15p; Thurs - 4:15-6:15p; Fri - 8:15-10:45a	
• 10 Tuesdays: 1/3 - 3/6;    10 Thursdays: 1/5 - 3/8 ;    10 Fridays 1/6 - 3/9		Berkeley
<b>Chaya Sanchalanam Course</b>	8 Thursdays - 6:15-7:30p	
• January 5 to March 8		Berkeley
<b>Kartikeya Mandala Course</b>	10 Saturdays - 9:45-11:15am	
• January 7 to March 31 (no class 1/28, 2/25, 3/24)		Berkeley

## Workshops & Retreats

*Single session workshops or multi-day retreats. Go to [www.horneryoga.com](http://www.horneryoga.com) for complete details.*

<b>Stances and Seats: Building the Root of practice</b>	<i>held at The Yoga Fusion</i>	
• Sunday January 15,    1:00 to 3:30pm    \$55 or \$45 prepaid		San Ramon
<b>Hatha Yoga, Ayurveda and the Art of Purification:</b>	<i>A two-workshop series</i>	
• Saturdays January 28 & March 24,    2:00 to 4:30pm    \$60 or \$50 prepaid; \$90 for both		Berkeley
<b>Hatha Yoga and the Cultivation of the Life Force:</b>	<i>held at Piedmont Yoga Studio</i>	
• Sunday February 19,    1:30 to 4:00pm    \$55 or \$45 prepaid		Oakland
<b>Workshop at Willow Glen Yoga:</b>	<i>held at Willow Glen Yoga Studio</i>	
• Sunday April 15,    1:00 to 3:30pm    \$55 or \$45 prepaid		San Jose
<b>Advanced Studies Yoga Retreat</b>	<i>held at Land of Medicine Buddha Retreat Center</i>	
• Friday June 15 to Sunday June 17    see web for details		Soquel