



Summer & Fall 2017

Practitioner Intensive

Asana Intensive

with

Mark Horner

2050 4th Street
Berkeley, CA 94710
www.horneryoga.com

Summer 2017

5 Saturdays • 7:15 - 9:30am
July 29 to August 26

6 Thursdays • 6:15 - 7:45pm
July 27 to August 31

Fall 2017

7 Saturdays • 7:15 - 9:30am
September 23 to December 14
(no class: Sept 30; Oct 7, 21; Nov 4, 25; Dec 9)

9 Thursdays • 6:15 - 7:45pm
September 21 to December 16
(no class: Oct 5, 12, 19; Nov 23)

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.

For whom: This Intensive is designed to support the continued development of students who have completed, or are currently in the Level I, II, or III Practitioner Training Program with Mark. Other practitioners experienced with all three Preludes may be able to attend after consulting with Mark first.

Drop-in Policy: Courses are taught progressively, so full participation is strongly recommended. If this is not possible, individual sessions may be attended only by students experienced with all three Preludes and the 8 Palms Short Form.

**Drop-in fee: Saturdays – \$33
Thursdays – \$28**

Mark Horner is the director of Hatha Yoga Shala – East Bay. He has taught Hatha Yoga for 26 years, and has studied with Shandor Remete, the founder of Shadow Yoga, for the past 22 years.



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Summer / Fall Asana Intensive

Make checks payable to Mark Horner
Mail to: 2050 4th Street Berkeley, CA 94710

SUMMER

- Saturday - \$150 or \$140 paid by 7/15/17
- Thursday - \$162 or \$150 paid by 7/15/17
- Both Days - \$281 - paid by 7/15/17

FALL

- Saturday - \$210 or \$196 paid by 9/1/17
- Thursday - \$243 or \$225 paid by 9/1/17
- Both Days - \$408 - paid by 9/1/17

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.