



Winter & Spring 2017

Practitioner Intensive

Integrating Structured Training & Freestyle Practice

with
Mark Horner

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

Winter 2017

7 Saturdays • 7:15 - 9:30am

January 7 to March 25
(no class: Jan 14; Feb 11, 18, 25; Mar 11)

10 Thursdays • 6:15 - 7:45pm

January 12 to March 23
(no class: Feb 23)

Spring 2017

7 Saturdays • 7:15 - 9:30am

April 1 to June 24
(no class: Apr 8, 22; May 6, 20, 27; June 3)

9 Thursdays • 6:15 - 7:45pm

April 6 to June 29
(no class: Apr 20; May 18, 25; June 15)

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.

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 and the Nrtta Sadhana 8 Palms 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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Make checks payable to Mark Horner
Mail to: 2050 4th Street Berkeley, CA 94710

WINTER

Saturday - \$210 or \$196 paid by 12/24/16

Thursday - \$270 or \$250 paid by 12/24/16

Both Days - \$434 - paid by 12/24/16

SPRING

Saturday - \$210 or \$196 paid by 3/18/16

Thursday - \$243 or \$225 paid by 3/18/16

Both Days - \$408 - paid by 3/18/16

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.