



February - March 2012

About Us

We are a center for training and study in the Self-Cultivating Arts. Our teachers are highly experienced and offer a depth of instruction that will be appreciated by the discerning student. Each teacher runs their classes independently. Visit their websites for full details on classes, fees, and drop-in policy.

Shadow Yoga - Mark Horner

is a powerful and innovative system of Hatha Yoga combining stance work with flowing warrior and sun forms to build inner firmness, strength, flexibility, and presence. Sequential practice forms are used to prepare for asana, pranayama, and meditation. Please see the details for each course on Mark's website.

- www.horneryoga.com
- mark@horneryoga.com

Shadow Yoga - Martin Hunke

GUEST TEACHER - Martin is the former owner of Inner Heat Yoga in Berkeley. He will be teaching 2 weekly drop-in classes from February 14 to April 4th, and a weekend workshop on March 17 & 18.

Bagua - Scott Phillips

Is performed while walking a circle, Bagua movements embody eight different Qi qualities which emerge from and change into each other. It is a purely internal art which has its origins in ritual dance. It can be practiced for health, meditation or self-defense.

- www.northstarmartialarts.com
- scophilips@yahoo.com

Somatic Movement - Kesha Fikes

Sensorial Re-education in the Danis Bois method is a very gentle practice that complements many movement genres.

- kefikes@gmail.com

Evolutionary Yoga - Mike Brabant

Is an integration of clinical psychology, Integral Theory, hatha yoga, integrative yoga therapy, and energy medicine.

- www.integralwellnessmb.com
- Mike@integralwellness.com

Day	Time	Class	Level	Details	Instructor
Mon	7:30-9:30a	Shadow Yoga - <i>Advanced</i>	Int/Adv	1	Mark Horner
	5:30-7:30p	Somatic Movement	All	9	Kesha Fikes
Tue	7:00-8:15am	Shadow Yoga	Mixed	6	Martin Hunke
	4:30-7:15p	Shadow Yoga - <i>Individualized Asana</i>	Mixed	2	Mark Horner
	7:30-8:30p	Shadow Yoga - <i>Foundations</i>	All	4	Judy, Linda, Bianca
Wed	6:30-7:45p	Shadow Yoga	Mixed	6	Martin Hunke
Thur	7:00-8:15a	Evolutionary Yoga	All	8	Mike Brabant
	4:15-6:15p	Shadow Yoga - <i>Individualized Asana</i>	Mixed	2	Mark Horner
	6:15-7:30p	Shadow Yoga - <i>2nd Prelude</i>	Mixed	3	Mark Horner
Fri	8:30-10:30a	Shadow Yoga - <i>Individualized Asana</i>	Mixed	2	Mark Horner
	6:00-8:00p	Bagua	Mixed	7	Scott Phillips
Sat	7:30-9:30a	Shadow Yoga - <i>Advanced</i>	Int/Adv	1	Mark Horner
	9:45-11:15a	Shadow Yoga - <i>3rd Prelude</i>	Int	5	Mark Horner
Sun	9:00-10:00a	Shadow Yoga - <i>Foundations</i>	All	4	Judy, Linda, Bianca
	5:00-6:30p	Evolutionary Yoga	All	8	Mike Brabant

1. **Shadow Yoga Advanced Course with Mark Horner** - 12 Mondays 1/9 to 3/26, and/or 10 Saturdays 1/7 to 3/31 (no class 1/28, 2/25, 3/24); go to www.horneryoga.com for full details.
2. **Individualized Asana Courses with Mark Horner** - 10 Tuesdays and/or 10 Thursdays and/or 10 Fridays - begins Jan 3, 5, & 6 - go to www.horneryoga.com for full details
3. **Shadow Yoga - Chaya Sanchalanam Course with Mark Horner** - 10 Thursdays 1/5 to 3/8 go to www.horneryoga.com for full details
4. **Foundations of Shadow Yoga Drop-in classes with Judy, Linda, & Bianca** - weekly drop-in classes NO CLASS on Sundays Jan 29, Feb 26, Mar 25; \$15/class or 5 classes for \$60 OPEN TO ALL STUDENTS AND CAN BE STARTED AT ANY TIME - JUST SHOW UP!
5. **Shadow Yoga - Kartikeya Mandala Course with Mark Horner** - 10 Saturdays 1/7 to 3/31 (no class 1/28, 2/25, 3/24) go to www.horneryoga.com for full details
6. **Shadow Yoga Classes with Martin Hunke** - Fees: single class- \$15; 5 classes - \$60; open to all students. CLASSES BEGIN FEBRUARY 14 & 15 AND RUN THROUGH APRIL 3 & 4
7. **Bagua Classes with Scott Phillips** - Fees: single class -\$20; 8 classes - \$140
8. **Evolutionary Yoga Classes with Mike Brabant** - CLASSES BEGIN FEBRUARY 9 & 12 Fees: single class- \$20; 4 classes - \$72; 8 classes - \$120; 12 classes - \$120 ALL CLASSES FREE IN FEBRUARY; OPEN TO ALL STUDENTS AND CAN BE STARTED AT ANY TIME - JUST SHOW UP!
9. **Somatic Movement with Kesha Fikes** - Fees: \$20 single class; \$16/class series based. CLASS BEGINS January 9, 2012.

Workshops

Hatha Yoga, Ayurveda and the Art of Purification: a two workshop series - with Mark Horner
Saturdays January 28 & March 24 - 2:00 to 4:30pm \$60 or \$50 /session prepaid; \$90 for both