



2050 4th Street
Berkeley, CA 94710

2012 - 2013
**Advanced Studies / Teacher Training
Program**
with
Mark Horner

Overview

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.

In current times, yoga classes, yoga teachers, and teacher training programs have become ubiquitous, approaching commodity status. Due to an emphasis on quick results, accessibility, and mass appeal, the process of developing as a highly skilled practitioner is often lost in the rush to teach, and in the business of training "teachers". This program takes a very different approach by emphasizing the traditional path of mastery - one which requires patient, disciplined cultivation, and skillful means, all within the context of a close mentored teacher-student relationship.

While teacher training and continuing teacher education are components of this program, a desire to teach is not required for participation - committed students simply wanting a framework to deepen their practice and understanding, will be well served.

Program Components

This is an 18-month program beginning January 28, 2012, and concluding June 2, 2013. All sessions are taught by Mark Horner and are held at **Hatha Yoga Shala - East Bay**, with the exception of the Retreat. The Core Program components include:

- **Monthly Weekend Intensives** (17)
One weekend per month on Saturday and Sunday mornings
- **Workshops** (9)
Held on Saturdays (every other month) in the afternoon, coinciding with the monthly weekend intensives
- **Weekend Retreat** (1)
June 15-17, 2012 at Land of Medicine Buddha in Soquel CA (double occupancy)

See page 3 for the full schedule with dates and times.

- **Supplemental Training**

For students who live in the area, it is strongly recommended that the Individualized Asana Courses, and other Weekly Courses with Mark are attended concurrent with the Core Program. This will greatly increase the power of the program, and support the development of your personal practice. Additional retreats and workshops, other than those that are a part of the program, would also be extremely helpful. All of these are paid for separately, as attended, and not included in the AS/TT Program tuition.

The Program Philosophy

- **The mastery of Hatha Yoga occurs through Vinyasa - Krama** (*the gradual unfoldment of the individual, through a step-by-step process, based in sound principles and skillful means*). A characteristic of this process is “fulfillment by arrival”, which simply means that by progressively cultivating the right internal conditions, one will “arrive” at each subsequent stage of development naturally and organically, without force or imposition. This is similar to the way a fruit ripens by itself on a well-nourished tree, eventually falling from the stem. **This training program is based in this understanding and aims to give participants a practical experience of this process.**
- **The first stage of development, preparatory work, is the most important as it forms the basis for all that follows.** In order to skillfully guide a student through this preparatory phase, the teacher must have fulfilled this aspect themselves, and be far enough beyond it to have a vision of the landscape and facility navigating the subtle forces which uphold it. This is little understood today, yet it is at the root of good teaching, and the key to a productive personal practice. **This program will help all participants more fully understand and fulfill this important stage.**
- **True teaching is a process of direct transmission between teacher and student, and transmission requires embodiment.** Without practical embodiment, theory keeps one a prisoner of mental concepts devoid of real juice. Every true teacher has a responsibility to be a solid and seasoned practitioner through living the philosophy and practices of Hatha Yoga long enough so as to make them their own. This leads to teaching that is fresh, alive, spontaneous, and potent. **The curriculum is specifically designed to provide a context for participants to deepen their embodiment.**
- **Understanding the subtle forces which lie behind the practices of Hatha Yoga and knowing how to skillfully work with them is the key to becoming a solid practitioner and effective teacher.** The Shadow Yoga Preludes are powerful training tools for bringing this understanding alive in the body and igniting the light of discriminative intelligence in the mind. As this occurs, practice (and teaching), will become much more efficient, effective, and powerful. **This training will give participants a bigger “tool box”, combined with the knowledge required for skillful application.**

Curriculum

- **Preparatory Work** - principles, practices, and their application; signs of fulfillment; methods of teaching
- **Cultivating an Inner Environment Supportive of Hatha Yoga** - Yama / Niyama; Mitahara; Shatkarma; essential principles of Ayurveda and their application to yoga practice and teaching
- **Foundation Sciences of Hatha Yoga** - energetics and subtle anatomy including theory of Marma, Nadi, & Vayu; application to practice and teaching
- **Methods and Practices of Hatha Yoga** - refinement of the primary and traditional asanas / vinyasas; theory and practice of seed asanas and their variations / abstractions; cultivation of the key asanas from the Hatha Yoga Texts; practice of kumbhaka in asana; the art and science of sequencing; karana - principles and practice; building a proper foundation for pranayama; practice of the basic pranayamas and methods of antara & bahya kumbhakas; nauli / lauliki and other kriyas; bodily mudras; bodhaka mudra; hand mudras; use of bija mantras, yantras & mudras for meditation
- **Shadow Yoga** - theory, principles, and refinement of the Shadow Yoga Prelude Forms and full practice format
- **Internal Alchemy of Practice** - integration of form, energy and attention via the art of skillful positioning, bandha, and breath; sthiram, sukham, asanam & the inner principles of practice; the art of building a firm and stable container (Ghata) to support the internal energetics of Yoga; refinement of the three primary bandhas
- **Philosophical Foundation** - selected readings and practical application from: Yoga Sutra of Patanjali; Hatha Yoga Pradipika; Gheranda Samhita; Siva Samhita; Yoga Vaashista; Yajnavalkya Samhita; Advaita Vedanta (non-dualism)
- **Myofascial Anatomy / Kinesiology** - focus on functional relationships, lines of strain and transmission relevant to the practice of asana and karana, and to Seeing and Understanding structure
- **Restorative Yoga, General Therapeutics, Yoga for Women** - sequencing and methods of practice for specific therapeutic effects; adjusting practice for the three phases of a women’s life - menstruation, pregnancy, and menopause
- **Teaching Methodology & Continuing Teacher Education** - systematic study of the principles of skillful teaching including the arts of: observation, seeing and understanding bodies, demonstrating, manual adjustments, sequencing, verbal skills; adjusting the practice to the individual; the care and evolution of the teacher; overview of important teaching modalities; class management skills; the art of teaching beginners

Schedule

Weekend Intensive

2012

January 28 & 29
February 25 & 26
March 24 & 25
April 21 & 22
May 19 & 20

July 14 & 15
August 18 & 19
September 8 & 9
October 13 & 14
November 3 & 4
December 1 & 2

Workshop or Retreat

January 28 - WORKSHOP
March 24 - WORKSHOP
May 19 - WORKSHOP
June 15-17 - RETREAT
August 18 - WORKSHOP
October 13 - WORKSHOP
December 1 - WORKSHOP

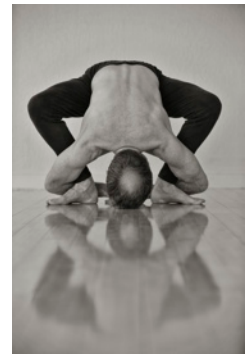
Times

- **Weekend Intensives**
 - Saturdays from 6:00-9:30am
 - Sundays from 6:00-10:00am
- **Workshops**
 - every-other month on a Saturday
 - 2:00 to 4:30pm
- **Retreat**
 - Land of Medicine Buddha
 - Fri 6/15 at 3pm to Sun 6/17 at 2pm

2013

January 12 & 13
February 9 & 10
March 9 & 10
April 6 & 7
May 4 & 5
June 1 & 2

February 9 - WORKSHOP
April 6 - WORKSHOP
June 1 - WORKSHOP



Tuition

Payment Options:

1. **Single payment:**
 - \$2995 if paid in full by 11/30/11 (by cash or check)
2. **Three payments:**
 - Three payments of \$1075 due by 11/30/11; 12/31/11; and 1/28/12 (by cash or check). Total cost is \$3225
3. **Down payment plus auto monthly payments:**
 - \$800 due by 11/30/11 (by cash or check). Then 12 monthly payments of \$225 via PayPal auto deduction at the end of each month beginning December 2011 and ending November 2012. Total cost is \$3500.

Enrollment

Enrollment is personal and direct - please inform Mark if you are interested and together you will discuss if this training is appropriate, and what may need to be done in preparation. Once accepted into the program, download and fill out the application form and submit.

Refund and Withdrawal Policy

- If a student withdraws from the program prior to the first weekend session, there is a full refund less a \$250 cancellation fee.
- No refunds will be given for withdrawals after the weekend sessions have begun (Jan 28, 2012), nor will any credits or refunds be given for missed sessions.
- For those electing the three payments or monthly payment options, understand that you are agreeing to make the scheduled monthly payments until completion in March 2012 or November 2013, respectively, regardless of whether you complete the program or not.

On Teaching Shadow Yoga

This training will give all participants (dedicated students, aspiring teachers, and current teachers) a very solid grounding in Shadow Yoga and Classical Hatha Yoga, which will significantly improve the quality of personal practice and depth of embodiment. If becoming a formally acknowledged Shadow Yoga teacher is an interest, then this program will serve as excellent preparation. Those who show a gift in this direction will be fully supported, however, completion of this program in no way guarantees formal acknowledgement - only Zhander Remete and Emma Balnaves can do this. The process is individual and personal, generally requiring years of training with an acknowledged teacher, and with Zhander and Emma directly. Please talk with Mark if you have questions.

For those aspiring to teach or currently teaching, but not interested in teaching Shadow Yoga, this training will ground you in principles which underly all styles of practice, while deepening personal embodiment - this will lead to better teaching regardless of stylistic orientation.

Rules of Engagement

All students (teaching or not) who are accepted into this training must do so with the following understanding: With the receipt of information and knowledge comes a responsibility to uphold its integrity. This requires disciplined personal practice of what is given, and a willingness to keep it to private until mastered. Shadow Yoga is a system of practice complete unto itself. Taking fragments of this practice and mixing them with other styles, or teaching bits and pieces before one has mastered the whole system only breeds confusion in oneself and ones students, and reveals a lack of depth and integrity on the part of teacher. As the Hatha Yoga Pradipika recommends: "by keeping ones practice secret it is strengthened; exposed, it is weakened". Please take this to heart if you are considering this training.

About Mark Horner

Mark has been teaching Hatha Yoga for the past 20 years and is an acknowledged Shadow Yoga Teacher, having studied with Zhander Remete, the founder of Shadow Yoga, for the past 18 years. In 1997 he founded Moksha Yoga Shala in Walnut Creek, CA, where he directed a comprehensive training program in Shadow Yoga through March 2011. In May 2011, with his partner Judy, he opened his new studio in Berkeley - Hatha Yoga Shala - East Bay.

Mark has led four prior Advanced Studies/ Teacher Training Programs, graduating classes in 2001, 2003, 2007, and 2009. He has also led over 50 yoga retreats to locations in California, Alaska, Hawaii, Canada, Mexico, and Bali.

Mark's teaching is enhanced by 8 years of bodywork practice as a Certified Rolfer, many years of classical piano study, and time spent exploring the wonders of the natural world through backpacking, mountaineering, and rock climbing. He also has a deep affinity for Advaita Vedanta (non-dualism).

Contact

Mark Horner

Hatha Yoga Shala - East Bay

2050 4th Street
Berkeley, CA 94710
510-859-7795

Mark@horneryoga.com

www.horneryoga.com

www.hathayogashalaeastbay.com

