



Hatha Yoga Shala  
EAST BAY

2050 4th Street

Berkeley, CA 94710

www.horneryoga.com

# Chaya Sanchalanam

The Second Shadow Yoga Prelude

with

Mark Horner

**Ten Thursdays • 6:15 - 7:30pm**

Jan 5 thru Mar 8, 2012

Chaya Yoddha Sanchalanam (“Yoking of the Shadow Warrior”) is the second Shadow Yoga Prelude. Emphasizing the development of coordinated activity of the limbs, this prelude’s round flowing movements work to free and enhance the movement of the life force.

This course will teach the full practice format, introducing important asana / vinyasas which naturally unfold from the prelude activity.

In order to participate, experience with the Balakrama is required, or by prior permission from Mark. Please contact Mark if you have questions.

**Drop-in Policy:** This course is taught progressively, so full participation is strongly recommended. Individual sessions may be attended-only by students who have taken a prior Chaya Sanchalanam Course. Drop-in fee is \$24/class.

## Chaya Sanchalanam

Make checks payable to **Mark Horner**

Mail to: 2050 4th Street Berkeley, CA 94710

Thursdays - 10 classes

\$190 - paid by December 22, 2011

\$210 - paid after December 22, 2011

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.



**Mark Horner** is the director of Hatha Yoga Shala – East Bay, and teaches throughout the San Francisco Bay Area. He has taught Hatha Yoga for 20 years, and has studied with Zhander Remete, the founder of Shadow Yoga, for the past 18 years.