



Hatha Yoga Shala
EAST BAY

2050 4th Street

Berkeley, CA 94710

www.horneryoga.com

Kartikkeya Mandala

The Third Shadow Yoga Prelude

with

Mark Horner

Ten Saturdays • 9:45 - 11:15am

January 7 to March 31, 2012

no class Jan 28, Feb 25, Mar 24

Kartikkeya Mandala (Garland of Light) consists of complex spiral and twisting movements that free the spine from the imposition of the limbs by clearing the obstruction of marma in the shoulder girdle, side ribs, waist, and hips. This prepares the body for the more challenging compound asanas. In this course students will learn and refine this 3rd Shadow Yoga Prelude and important Asana / Vinyasas.

For Whom: Participants must have a solid grounding in the Balakrama prelude and experience with the Chaya Sanchalanam prelude.

Drop-in Policy: This course is taught progressively, so full participation is strongly recommended. Individual sessions may be attended only by students who have completed a prior Kartikeya Mandala Course.

Drop-in fee is \$24/class.

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.



Kartikeya Mandala

Make checks payable to **Mark Horner**

Mail to: 2050 4th Street Berkeley, CA 94710

Saturdays - 10 classes

- \$200 - paid by December 24, 2011
- \$220 - paid after December 24, 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.