



Winter 2012 – January to March

Shadow Yoga

For Experienced Students

Ongoing training in the Art and Science of Practice

with

Mark Horner

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

Twelve Mondays
7:30 - 9:30am
January 9 - March 26

Ten Saturdays
7:30 - 9:30am
January 7 - March 31
(no class Jan 28, Feb 25, Mar 24)

These ongoing classes for experienced students are designed to support and enhance the process of becoming skillful, efficient, and seasoned practitioners. In these classes participants will:

- Refine the Shadow Yoga Preludes
- Deepen understanding of the principles which govern the art and science of Hatha Yoga through guided practice and discussion
- Develop skillful application of the “tools” (karana, asana, mudra, bandha, kriya.....etc), combined with greater clarity as to their role and purpose
- Explore freestyle practice and the principles of sequencing
- Learn to adjust practice to inner and outer conditions so that it becomes more responsive and ultimately more effective

Drop-in Policy: Courses are taught progressively, so full participation is strongly recommended. If this is not possible, individual sessions may be attended-by students experienced with all three Shadow Yoga Prelude forms, or with prior permission from Mark. **Drop-in fee is \$27/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.



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Make checks payable to **Mark Horner**

Mail to: 2050 4th Street Berkeley, CA 94710

January to March (12 Mondays and 10 Saturdays)

- \$220 - Saturdays only paid by 12/24/11
- \$240 - Saturdays only paid after 12/24/11
- \$264 - Mondays only paid by 12/26/11
- \$288 - Mondays only paid after 12/26/11
- \$440 - BOTH DAYS paid by 12/26/11

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.