



The Piedmont Yoga Studio is pleased to present:

Hatha Yoga and the Cultivation of Life Force

a workshop

with **Mark Horner**

Sunday, February 19, 2012

1:30-4:00 pm in Studio 2

\$45 by February 12 \$55 thereafter

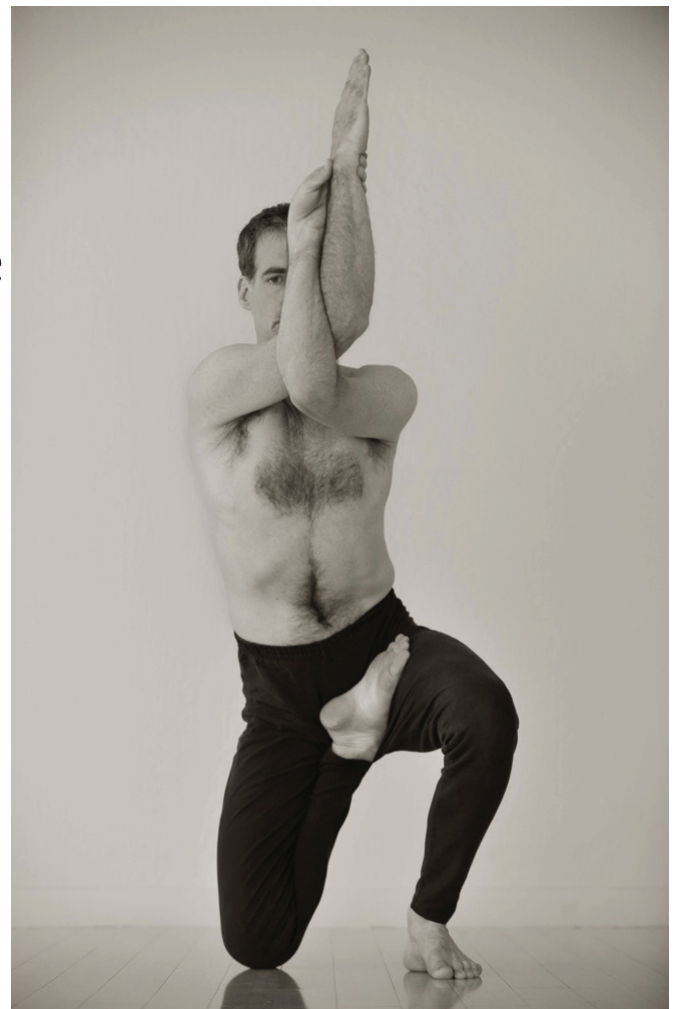
The skillful practice of Hatha Yoga trains the body to become a fit vehicle for the free circulation and enhancement of the life force. This is accomplished through the integration of form, energy, and attention (body, breath, and mind). The skillful synthesis of these aspects serves to ignite the inner power mechanism, resulting in a practice that is exponentially more potent, efficient, and productive.

This workshop will teach important principles and methods of practice applicable to all styles of yoga, and designed to help practitioners build a stronger energetic capacity and reserve - the foundation for robust health, and inner transformation.

Based in the principles of Shadow and Classical Hatha Yoga, this workshop is open to all students with a solid grounding in the fundamentals of practice, including uddiyana bandha

Mark Horner has been teaching Hatha Yoga for the past 20 years and is an acknowledged Shadow Yoga Teacher. In 1997 he founded Moksha Yoga Shala in Walnut Creek, where he directed a comprehensive training program in Shadow Yoga through March 2011. In May 2011 he opened a new studio in Berkeley - Hatha Yoga Shala East Bay. Mark's teaching is enhanced by 8 years of bodywork practice as a Certified Rolfer, as well as many years of classical piano study.

www.horneryoga.com



Registration: **Hatha Yoga & the Cultivation of Life Force**

Fee: \$45 by 2/12 \$55 thereafter • Sunday, February 19, 2012 • 1:30-4:00pm • Studio 1

Name _____ Daytime Phone _____

Address _____ Evening Phone _____

City/State, Zip _____

E-mail address _____

Workshop fee: \$45.. Cancellations prior to 2/12 will be refunded workshop fee minus a \$15 administrative fee. No refunds on or after 2/13.
Make checks payable to: Piedmont Yoga Studio and mail with this registration form to Piedmont Yoga Studio, P.O. Box 11458, Oakland, CA 94611.