

Nata Yoga

and

Traditional Asana

with

Natanaga Zhander

Out of the 108 karanas only thirty-six are suitable for the yogangasadhana. These thirty-six karanas are taught for the learning of their correct sequential arrangement (angahara). This is used for the unveiling of the latent power within, that takes place from the coiling and uncoiling stress points (bindu) within each karana from where the energy is slowly driven through the rhythmic arrangements of the angahara to the point of the critical stage that is responsible for the unveiling process (kriya) of the internal energy (kundalini) with all its force (shakti). This requires a high level of skill and the presence of the unfailing awakened power of discriminative consciousness. In 2010 the Nata Yoga form will be introduced with the traditional asanas of hatha yoga.

Fee: \$900, or \$825 if paid in full by May 31, 2010

Schedule & Locations:

Lecture Demo - Friday Sept 10, 6:30-8:30pm

Free and open to the public. Attendance is required for those participating in the Nata Yoga course

HELD AT: Moksha Yoga Shala - 2940 Camino Diablo, Suite 200 Walnut Creek CA 94596

Nata Yoga Course - Sept 11 thru 19; 6:45-8:45am

HELD AT: Allegro Ballroom - 5855 Christie Ave Emeryville CA, 94618

Refund / Cancellation:

CANCELLATION FEE OF 50% WILL BE CHARGED IF CANCELED ON OR PRIOR TO JUNE 11, 2010. AFTER JUNE 11, 2010 THE PAYMENT IS NON-REFUNDABLE. PAYMENT IN FULL REQUIRED.

Natanaga Zhander

(shandor remete) is the founder of Shadow Yoga and Nata Yoga. He has been practicing Hatha Yoga since the age of six. His research background also includes the study of martial arts, Ayurvedic and Siddha systems of medicine and the application of Varma Kalai (Marma Sthana.)



San Francisco Bay Area

September 10-19, 2010

Nata Yoga & Traditional Asana

Make check payable to: Mark Horner and mail to:
6933 Wilton Dr, Oakland CA 94611

\$825 - paid by May 31, 2010

\$900 - paid after May 31, 2010

name _____

address _____

city _____ state _____

zip / country _____

email _____

phone _____

I have read the refund / cancellation policy

signature

