

About Mark Horner

Mark has been teaching Hatha Yoga for 28 years and is an acknowledged Shadow Yoga Teacher, having studied this style with its founder, Shandor Remete for the past 25 years. Mark's teaching is enhanced by 8 years of bodywork practice as a Certified Rolfer as well as many years of classical piano study, rock climbing, and the study of Ayurveda and Advaita Vedanta. Mark is the founder and Director of Hatha Yoga Shala East Bay.



About Judy Yu

Judy is an acknowledged Shadow Yoga teacher and has been practicing Shadow Yoga since meeting her teachers Shandor Remete and Emma Balnaves in 2006. From her first introduction to Shadow Yoga, she was immediately drawn to the intelligence, depth, and effectiveness of the approach. She co-directs the Hatha Yoga Shala East Bay with her partner, Mark.



HATHA YOGA with Mark Horner & Judy Yu

SUMMER 2019

July 28 to Sept 14, 2019

Shadow Yoga, as developed by Shandor Remete, integrates the methods and practices common to Hatha Yoga and the self-cultivating arts (martial and dance). Three fixed practice forms (preludes) are utilized for training. This systematic process liberates the flow of the life force while stabilizing the mind, thus setting the stage for the inner work of asana, mudra, pranayama, and meditation.

Nrta Sadhana involves the utilization of slight bodily movements within large bodily shapes (Karanas), practiced in sequential arrangement (Angahara), with rhythmic transitions. There are three forms of Nrta Sadhana: Eight Palms short form, the Ananda Tandava, and Lasya long form.

Course-based Instruction: Shadow Yoga and Nrta Sadhana are taught in a course-based, pre-registration format, so the teaching can be built up progressively to support depth of learning and embodiment.

Courses

(offered throughout the year)

- **Foundations of Shadow Yoga** - the starting point for beginners
- **The Three Prelude Forms** - the core of the practice
Balakrama • Chaya Yoddha Sanchlanam • Kartikeya Mandala
- **Individual Practice** - self directed practice with asana/vinyasa manually adjusted by the teacher
- **Practitioner Intensives** - for students who have completed a practitioner training program with Mark; designed to support and enhance the practitioner training curriculum
- **Nrta Sadhana (3 forms)** - for students experienced with all 3 Preludes
- **Asana Angaharas 1 & 2** - sequential arrangements of asana to prepare for mudra & pranayama.



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horneryoga.com • hathayogashalaeastbay.com

Summer 2019 Schedule

July 28 - Sept 14, 2019

Practitioner Training Program

Based in the methods, practices, and theory of Shadow Yoga and Classical Hatha Yoga, this challenging and comprehensive training program is focused on helping dedicated students, aspiring teachers, and current teachers deepen their practice and understanding of Hatha Yoga in order to become solid, self-directed, and skillful practitioners - the foundation for a rich and effective personal practice, and the essential basis behind skillful teaching.

Level I - TBD

Level II

Oct 2020 to June 2021

Level III - TBD

Level IV:

Nov 9, 2019 to June 7, 2020

Registration now open;
for info contact Mark

Asana Angahara II *Linear Form -*

5 Saturdays

7:15 to 9:15am • Aug 3 to Sept 7*

*no class Aug 31

\$150 or \$140 early registration

\$33 Drop-in *see policy below

The Primary Seats

In-depth

5 Thursdays

6:00 to 7:15pm

Aug 1 to Aug 29

5 Saturdays

9:30 to 10:45am

Aug 3 to Sept 7*

*no class Aug 31

Thur: \$140 or \$130 early registration

Sat: \$140 or \$130 early registration

Both Days: \$250

\$29 Drop-in *see policy below

From the Inside Out Workshop Series

3 Saturdays - 8:00 to 10:15am

March 23: Samakona & Hanuman

June 29: Primary Seats

Sept 14: Bandha Triyam

per workshop: \$60 or \$50 early reg

Individual Practice Courses

5 Thur: 4:15 to 6pm: August 1 to 29

5 Fri: 7:45 to 10:30am: August 2 to 30

5 Tue: 4:15 to 7pm: Aug 6 to Sept 3

\$150 - for one day; \$290 for any two days

Foundations of Shadow Yoga Workshop *with Judy*

Sunday July 28 • 9:00 to 11:00am

\$60 or \$50 early registration

Yoga for Women Workshop *with Judy*

Aug 4 • 9:00 to 11:00am

\$60 or \$50 early registration

Ananda Tandava - 4 Sundays - *with Judy*

Aug 11 to Sept 8 (no class Sept 1) • 9:00 to 10:15am

\$112 or \$104 early registration; \$29 Drop-in *see policy below

Balakrama 4 Sundays - *with Judy*

Aug 11 to Sept 8 (no class Sept 1) • 10:30 to 11:45am

\$112 or \$104 early registration; \$29 Drop-in *see policy below

Chaya Sanchalanam 4 Sundays - *with Lakshmi*

Aug 11 to Sept 8 (no class Sept 1) • 1:30 to 2:45pm

\$112 or \$104 early registration; \$29 Drop-in *see policy below

Early registration by
June 29, 2019

www.horneryoga.com

* drop-in is only open to
those who have taken the
course before