

Held at:  
**Turtle Island  
Yoga**

7 Mariposa Avenue  
San Anselmo, CA  
94960

[www.turtleislandyoga.com](http://www.turtleislandyoga.com)

# Foundations of SHADOW YOGA

with Mark Horner



**Saturday October 9, 2010**  
**2:30 to 5:00pm**

**\$55** - paid after Sept. 25, 2010  
**\$45** - paid by Sept. 25, 2010

Through discussion and active practice, this workshop will provide an introduction to the important principles of Shadow Yoga. This evolving and powerful practice is quickly gaining recognition for its depth, and ability to evoke lasting, fundamental change in mind and body. At the end of the workshop Mark will give a short demonstration of the Shadow Yoga prelude forms. All students with a basic grounding in Hatha Yoga are warmly welcomed.

**About Shadow Yoga:** developed by yoga master Zhander Remete, Shadow Yoga draws from the preparatory principles common to Hatha Yoga and the self-cultivating arts (martial and dance). Utilizing dynamic stances and warrior forms in round and spiral movements, Shadow Yoga works to remove blockages to the free flow of vital energy, while igniting the inner power mechanism. This sets the stage for the internal work of asana, pranayama, and meditation.

[www.shadowyoga.com](http://www.shadowyoga.com)

**Mark Horner** is the director of Moksha Yoga Shala in Walnut Creek where he leads courses, workshops, and Teacher training programs. Mark also teaches regular courses in San Francisco and Oakland. His teaching is enhanced by 8 years of professional bodywork experience as a Certified Rolfer as well as many years of classical piano study, rock climbing, and the study of Ayurveda. He has studied with Zhander Remete, the founder of Shadow Yoga, for 18 years. [www.horneryoga.com](http://www.horneryoga.com)



### Registration Form

- Foundations of Shadow Yoga Workshop**  
 \$55 if paid after Sept 25, 2010  
 \$45 if paid on or before Sept 25, 2010

name \_\_\_\_\_

address \_\_\_\_\_

city / zip \_\_\_\_\_

email \_\_\_\_\_

phone \_\_\_\_\_

Make checks payable to Turtle Island Yoga. Mail to:  
**Turtle Island Yoga**  
**PO Box 216**  
**Woodacre, CA 94973-0216**

**Refund / cancellation policy:** full refund given (less a \$20 cancellation fee) if notice is given a minimum of 14 days prior to the workshop date. Cancellations within 14 days receive no refund.