



2050 4th Street
Berkeley, CA 94710

2018 / 2019
**Hatha Yoga
Practitioner Training Program**
- Level 1 -
with
Mark Horner

Overview

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 powerful teaching.

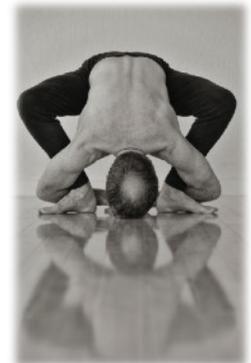
This program emphasizes the traditional path of mastery - one which requires patient, disciplined development over many years, all within the context of a close mentored teacher-student relationship. The level I training will establish a foundation for real progress - it is the practical basis for all subsequent levels of practitioner training.

Program Components

This is an 9-month program beginning October 6, 2018, and concluding June 2, 2019. All sessions are taught by Mark Horner and are held at **Hatha Yoga Shala - East Bay**. The Core Program components include:

- **Monthly Weekend Intensives** (9)
One weekend per month (spaced every 4 to 5 weeks) on Saturday and Sunday mornings.
- **Workshops** (4)
Four of the eight weekend intensives will include an afternoon workshop on Saturday.
See page 3 for the full schedule with dates and times.

- **Supplemental Training**
For students who live in the area, it is strongly recommended that the Individual Practice Courses, and other Weekly Courses with Mark are attended concurrent with the Core Program. This will greatly increase the power of the program, and support the development of your personal practice. Additional retreats and workshops, other than those that are a part of the program, would also be extremely helpful. All of these are paid for separately, as attended, and not included in the Practitioner Program tuition.



Becoming a True Practitioner

A true practitioner is thoroughly proficient with the tools of practice (shatkarma, mitahara, asana, karana, bandha, kriya, mudra, pratyahara, pranayama, etc), and has developed an embodied understanding of the theory, philosophy, and subtle anatomy which govern their use. Because of this, the true practitioner is able to employ these tools in a responsive, efficient, and powerful way in order to enhance health and well-being, while increasing the light of discriminative intelligence - the gatekeeper to the subtle, inner realms of Yoga.

Utilizing an intelligent system of training, the Level I Practitioner Program provides a structured framework which is more comprehensive and intensive than is possible in regular classes and courses. For those who engage this program wholeheartedly, new depths of understanding and proficiency will be realized. This will have a strong, positive impact on both personal practice and teaching. The Level I training is the first step in the longer process of Practitioner Training, which unfolds over many years, and is based in the following:

- **The mastery of Hatha Yoga unfolds in stages** By progressively cultivating the right internal conditions, the student will “arrive” at each subsequent stage of development naturally and organically, without force or imposition. This is similar to the way a fruit ripens by itself on a well-nourished tree, eventually falling from the stem. This program trains practitioners in a method of practice grounded in sound principles and skillful means. With patience and persistence, the essential qualities needed for true progress will unfold in clear stages. **All levels of the Practitioner Training Program are grounded in this understanding, and will give participants a direct experience of this process.**
- **The first stage of development, preparatory work, sets the stage for all that follows** Preparatory work is the most crucial stage of development. Its purpose is to strengthen and purify the student to a degree sufficient to provide a solid foundation for further progress. Despite its importance, an understanding of the methods and theory of skillful preparation are notably absent in much of contemporary yoga due to a misguided emphasis on quick results, accessibility, and mass appeal. For experienced students and teachers alike, eliminating gaps or rebuilding the foundation is often the key to overcoming persistent obstacles and entering new depths of freedom and competency. **The Level I program will help all participants more fully understand and fulfill this important stage.**
- **Gaining proficiency with the tools of Hatha Yoga while understanding the subtle forces which govern their use, is central to becoming a true practitioner.** The three Shadow Yoga Preludes and their full practice formats, are powerful training forms for achieving both these aims. Their mastery lays the foundation for the unfolding of all the other tools of practice, i.e. asana, mudra, bandha, kriya, pranayama, etc. **The Level I Program will emphasize the development of physical proficiency grounded in a sound theoretical and intuitive basis. In addition, participants will gradually build a bigger “tool box”, combined with the knowledge required for skillful application.**

Level I Curriculum

- **Preparatory Work** - the four aspects - principles, practices, and their application; signs of fulfillment; Mitahara; Shatkarma; essential principles of Ayurveda and their application to a personal yoga practice
- **Shadow Yoga** - theory, principles, and in-depth refinement of the Shadow Yoga Prelude Forms and full practice formats
- **Methods and Practices of Hatha Yoga** - karana: principles and practice; refinement of the first two levels of primary asana vinyasa and key asanas from the Hatha Yoga texts; theory and practice of seed asanas and their variations / abstractions; the primary stances and seats; the art and science of sequencing; preparatory kriyas; beginning mudras; sequencing and methods of practice for specific therapeutic effects; special considerations for women and men
- **Internal Alchemy of Practice** - building the container (Ghata) for energetic work (establishing a condition of firmness, openness, and stability in the body/mind); refinement of the three primary bandhas; the integration of form, energy and attention (physical positioning, breath & bandha, mental focus); sthiram, sukham, asanam & the inner principles of practice
- **Yogic Anatomy and Energetics** - intro to the theories of Marma, Nadi, & Vayu; application to practice
- **Philosophical Foundation** - study and practical application from: Hatha Yoga Pradipika, Gheranda Samhita, Yoga Sutra of Patanjali, and selected readings from other important texts

Schedule

Weekend Intensive

2018

October 6 & 7
November 3 & 4
December 8 & 9

2019

January 12 & 13
February 9 & 10
March 9 & 10
April 6 & 7
May 4 & 5
June 1 & 2

Workshop or Retreat

October 6 - WORKSHOP

December 8 - WORKSHOP

February 9 - WORKSHOP

April 6 - WORKSHOP

Times

• **Weekend Intensives**

- every three to four weeks
- Saturdays & Sundays from 7:00-11:00am

• **Workshops**

- 3:00 to 5:30pm on the Saturdays indicated

Tuition

Payment Options:

1. **Single payment:**

- \$2295 - paid in full by September 8, 2018 (cash or check)

2. **Down payment plus auto monthly payments:**

- \$875 due by September 8, 2018 (by cash or check). Then 7 monthly payments of \$225 via PayPal auto deduction at the beginning of each month starting October 2018 and ending April 2019. Total cost is \$2450.



Enrollment

Enrollment is personal and direct - please inform Mark if you are interested and together you will discuss if this training is appropriate, and what may need to be done in preparation. Once accepted into the program, download and fill out the application form and submit.

Refund and Withdrawal Policy

- If a student withdraws from the program prior to the first weekend session, there is a full refund less a \$250 cancellation fee.
- No refunds will be given for withdrawals after the program has begun (Oct 6, 2018), nor will any credits or refunds be given for missed sessions.
- For those electing the monthly payment option, understand that you are agreeing to make the scheduled monthly payments until completion in April 2019, regardless of whether you complete the program or not.

About Mark Horner

Mark has been teaching Hatha Yoga for the past 27 years and is an acknowledged Shadow Yoga Teacher, having studied with Zhander Remete, the founder of Shadow Yoga, for the past 23 years. In 1997 he founded Moksha Yoga Shala in Walnut Creek, CA, where he directed a comprehensive training program in Shadow Yoga through March 2011. In May 2011, with his partner Judy, he opened Hatha Yoga Shala - East Bay, in Berkeley.

Mark's teaching is enhanced by 8 years of bodywork practice as a Certified Rolfer, many years of classical piano study, time spent exploring the wonders of the natural world through backpacking, mountaineering, and rock climbing. He also has a strong affinity for Advaita Vedanta (non-dualism).

From Mark:

"Years of teaching and personal practice have given me an understanding of the importance of skillful preparatory work, and its role in the step by step development of a true practitioner. I have seen first hand, in myself and my students, the wisdom of the patient, systematic approach for building a solid base with deep roots. Despite its effectiveness, this traditional path of mastery has become the exception, rather than the rule. As attention spans shorten, and yoga classes, "certification" programs, and "teachers" approach commodity status, entertainment and commercial value have taken precedence over real growth. Nevertheless, the time-tested combination of a sound method, right mind-set, and disciplined application, will give sure and steady progress and help one avoid wasting time and energy on unproductive practices and distracting detours - I have personal experience with this, having had to go back and fill in many gaps due to incomplete preparation in my early years of study. The good news is that once the foundation has been shored up, real progress becomes possible. For the discerning student, whether teaching or not, this program addresses the very real need for Practitioner Training."

Contact

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