

emma balnaves shadow yoga workshop

Intro to Primary Asana September 17-19, 2009

Sept 17 5:30-8PM Thursday-Lecture/Demo & Shadow Yoga Class
Students may attend Thursday night only* for \$80 space providing.
Priority will be given to students enrolling in the entire weekend.

Intro to Primary Asana

Sept 17 5:30-8PM Thursday

Sept 18 6:30-8:30am Friday

Sept 18 5:30-7:30pm Friday

Sept 19 6:30-8:30am Saturday

Cost: \$240.00

Early bird rate \$220 if paid in full by July 15, 2009

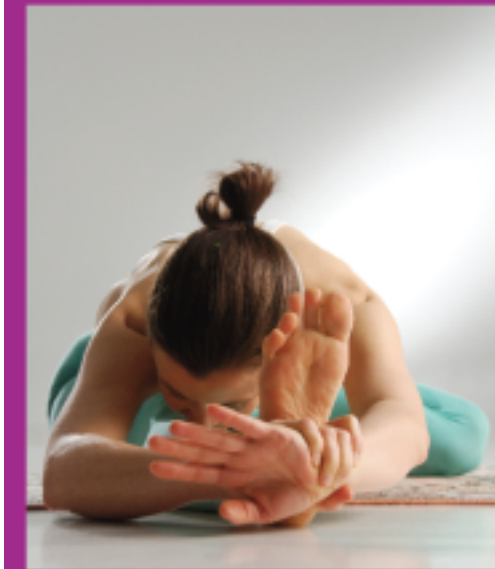
- Introduction to Primary Asana Workshop- students must attend Thursday night to enroll in the weekend.

Emma will use Chaya Sancalanam as the base for the workshop and introduce the Primary Asana work. This workshop is open to all levels with some previous experience of the first two shadow yoga preludes - balakrama or chaya yoddha sancalanam.

The teaching of the Shadow School is based upon the ancient Hatha Yogic texts, which state that all fixed forms should be designed to develop the practice of freestyle. Freestyle is a necessary step in the cultivation of longevity and enlightenment.

For further information please call Catherine 805.556.0413
breathe@catherineyoga.com www.shadowyoga.com

Cancellation fee of 50% will be charged if cancelled within one month of course commencement date. If after this time period the payment is non-refundable.
All payments are to be made in full to ensure your space in the course.
Payment must be made to Catherine Halcomb.



yogashala | 205 windward | shell beach | 93449 | 556-0413 | www.catherineyoga.com



emma balnaves | primary asana | Sept. 17-19 | cost: \$240 _____

Please return checks to Catherine Halcomb:

early bird \$220 _____ before 7/15

P.O. Box 3110, Shell Beach, Ca 93448

Thurs night only \$80 _____

name _____

state _____ zip _____

street/p.o. box _____

email _____

city _____

phone _____