



# YOGA fusion

presents

A Weekend Workshop with a Master Yoga Teacher

**Mark Horner**

**“Stances and Seats - Building the Root”**

Sunday, January 15th, 1:00 - 3:30pm

Pre-registration price, \$45.00. \$55.00 day of class.

The primary stances of Hatha Yoga are the seeds from which sprout all other possible positions and movements, including many important seats. The practice of stances opens the energetic system of the body from the feet up, strengthens the vital breath, and stabilizes mind, thereby building a solid foundation for meaningful progress. For these reasons, stance work is found in all true systems of self cultivation, such as hatha yoga, martial arts, and cultural dance.



This workshop will teach a vinyasa practice of the primary stances, seats, and their variations. Emphasis will be placed on precise nyasa (placement) in order to enhance the energetic and healing power of each position and movement.

From the most basic to the complex, these positions present a variety of challenges. This workshop will help practitioners overcome these challenges and better understand the progression of practice that will lead to their mastery.

Participants must have a solid grounding in the fundamentals of practice.

*Mark Horner has been teaching Hatha Yoga for the past 20 years and is an acknowledged Shadow Yoga Teacher. In 1997 he founded Moksha Yoga Shala in Walnut Creek, where he directed a comprehensive training program in Shadow Yoga through March 2011. In May 2011 he opened his new studio in Berkeley - Hatha Yoga Shala East Bay. Mark's teaching is enhanced by 8 years of bodywork practice as a Certified Rolfer, as well as many years of classical piano study. Visit Mark at [www.horneryoga.com](http://www.horneryoga.com)*

Register online at

<http://clients.mindbodyonline.com/ws.asp?studioid=19309&stype=-8>

## The Yoga Fusion

*“the new Center of Yoga in the East Bay”*

2217-N San Ramon Valley Boulevard San Ramon 94583  
2 blocks north of In-n-Out, behind the Awe-dacious salon

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

[theYogaFusion@yahoo.com](mailto:theYogaFusion@yahoo.com)