

MONDAY-FRIDAY, **JANUARY 4-8**

6:30 - 8:00am \$75



# 5 day new year shadow yoga intensive

Kartikkeya Mandalam - circling the shadow Utilizing the this prelude form, participants will meet each morning for 5 days for a Shadow Yoga practice. The third form develops the internal energy and prolongs the duration of breath by moving the body in a circular manner and deep stance work. Practicing this form releases deeply held restrictions and leads the student towards the practice of advanced asanas. Pre-requisite: Basic knowledge of one or more shadow yoga forms is required.

For more info: contact Catherine 805.556.0413 [www.catherineyoga.com](http://www.catherineyoga.com)

yogashala | 205 windward | shell beach | 93449 | 556-0413 | [www.yogashalaslo.com](http://www.yogashalaslo.com)

CANCELLATION POLICY: With 1 week notice prior to the beginning of the intensive, cancellations may be credited toward another class. With less than 1 week notice, cancellations are non-refundable. There are no make-ups.



yogashala

new year yoga intensive | m-f | Jan 4-8 | cost: \$75

Return checks to Yoga Shala: P.O. Box 3110, Shell Beach, Ca 93448

name \_\_\_\_\_

state \_\_\_\_\_ zip \_\_\_\_\_

street/p.o. box \_\_\_\_\_

email \_\_\_\_\_

city \_\_\_\_\_

phone \_\_\_\_\_