

Thursdays, **May 21 - July 30**

No class: June 25 4:30-5:45pm \$150



10 week series  
**shadow yoga**

**Chaya Yoddha Sanchalanam - moving the shadow**

This flowing and spiraling form refines the breath, frees the structure of obstruction and enhances the life force. **Classes are taught by Catherine Halcomb-LaBarbera.**

Shadow yoga is taught in a series class style where students learn one of the four prelude forms of Shadow Yoga. Students are introduced to each stance, warrior form and sun form until the sequence comes alive. This systematic way of learning leaves the student with the understanding and skills necessary to move toward a more powerful, effective and enjoyable yoga practice.

For more information regarding Shadow Yoga in SLO see [www.catherineyoga.com](http://www.catherineyoga.com)

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

CANCELLATION POLICY: With 24 hours notice prior to the beginning of the series, cancellations may be credited toward another Series. With less than 24 hours notice, cancellations are non-refundable. There are no make-ups.



**shadow yoga with catherine | thurs | may 21-july 30 | cost: \$150**  
Please return checks to Catherine Halcomb:  
P.O. Box 3110, Shell Beach, Ca 93448

name \_\_\_\_\_

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

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

email \_\_\_\_\_

city \_\_\_\_\_

phone \_\_\_\_\_