

MONDAY-FRIDAY
AUGUST 2-6

6:00 - 7:30 am \$75

5 day summer shadow yoga intensive

CHURNING OF THE SHADOW WARRIOR Participants will meet each morning for 5 days for a Shadow Yoga practice. Utilizing the Chaya Yoddha Sancalanam refines and strengthens the breath. This flowing and spiraling form deepens the work of the warrior and sun forms freeing the structure and enhancing the life force. Practicing this prelude leads the student towards the practice of intermediate asanas. Classes taught by Catherine Halcomb.

Pre-requisite: Basic knowledge of the Chaya Yoddha Sancalanam Prelude is required.

Deepen your practice and refine your technique. The intensive will focus on turning the shadow yoga forms into your own practice.

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



summer intensive | m-f | august 2-6 | 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 _____