



The Piedmont Yoga Studio is pleased to present:

Shadow Yoga:

Balakrama

Saturday, July 24th

2:00-5:00 pm in Studio 2

\$35 by 7/17 \$50 thereafter

Translated as “Stepping Into Strength,” Balakrama weaves the pieces of tapas and bandhas that were covered in the previous workshop into a powerful sequence that builds the practitioner’s strength and agility. This sequence of movements is a standing form, much like a Tai Chi form, and is the first of three preludes which comprise Shadow Yoga, a school of Hatha Yoga developed by Zhander Remete. Shadow Yoga cultivates the student for the intelligent approach to the practices of Hatha Yoga.



In this three hour workshop, we will cover the entire form: warm up, Jiva Calana, Balakrama, Surya Namaskar, and warm down. We will focus on the places that tend to snare the experienced and beginner alike. This is a great follow up from the previous workshop on Tapas and Bandhas. If you have never done Shadow Yoga before it is recommended that you have six months of strong, recent yoga practice. Participants will walk out with a good foundation and a home practice to work on. This course also is a great primer for Andy’s regular, ongoing classes.



Andy Matinog found his way to Shadow Yoga in 2001 and has been studying with Zhander Remete since 2002. He has since completed a three year teacher training with him and is listed on the Shadow Yoga website as one of a handful of teachers in the US. He finds the Shadow practice one of the more direct and deeper Hatha Yoga paths. He is happy to have found a good group of students in Oakland since moving here in November, 2009 and is looking forward to deepening his presence here.

More information can be found at <http://www.RedCrowYogaShala.com> and he can be reached at andy@redcrowyogashala.com.

Registration: **Shadow Yoga: Balakrama with Andy Matinog**

Fee: \$35 by 7/17 \$50 thereafter • Saturday, July 24, 2010 • 2:00-5:00 pm • Studio 2

Name _____ Daytime Phone _____

Address _____ Evening Phone _____

City/State, Zip _____

E-mail address _____

Workshop fee: \$35. Cancellations prior to July 17th will be refunded workshop fee minus a \$15 administrative fee. No refunds on or after July 18th. Make checks payable to: Piedmont Yoga Studio and mail with this registration form to Piedmont Yoga Studio, P.O. Box 11458, Oakland, CA 94611.