

introduction to

shadow yoga

new year series, \$75

tue. 9-10:30am

jan 3-31



Introduction to Shadow Yoga

This course will introduce stance work to free the structural joints and build strength, cultivate rhythmic breathing and coordination between the arms and legs. Students will also learn Bodhaka Mudra (skillful handwork).

Suitable for beginning yoga students and those new to Shadow Yoga.

Shadow Yoga integrates the common principals shared by yoga asana, martial arts, dance and the Ayurveda and Siddha systems of medicine. By practicing Shadow Yoga sequences one develops lightness, strength, flexibility and agility.

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



intro to shadow | tuesdays | jan 3-31 | cost: \$75

Send checks to Shelley Massa: c/o Yoga Shala, PO Box 3110, Shell Beach, Ca 93448

name _____

state _____ zip _____

street/p.o. box _____

email _____

city _____

phone _____