

# Shadow Yoga

*a comprehensive six week course with Andy Matinog*  
at Soja Mind/Body • 2406 Webster St., Oakland, CA



Tuesday and Thursday 6:30 - 8am, Sep. 6 - Oct. 13  
\$175 for complete course, \$17 drop in

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Join Andy for a solid six week course on Shadow Yoga. The course will cover conditioning and strengthening exercises, proper warm-up and warm-down, Chaya Yoddha Sancalanam Prelude, and a variety of asana including an appropriate asana sequence. Andy will go over the full scope of practice including historical and other background information on Hatha Yoga, dietary and other lifestyle choices, and common practice pitfalls and how to avoid them. At the end of the course, participants will have a good understanding of their power structure and how to access it safely for Hatha Yoga and will walk home with a practice that will serve them well.

Shadow Yoga is a unique form of Hatha Yoga taught through prelude or fixed forms that emphasizes proper preparation through through stance work. The preludes consist of spiraling movements coordinated with deep breathwork. These movements contain the seeds of asanas so that the participant becomes well prepared for asana work through Shadow Yoga.

For more information: [andy@redcrowyoga.com](mailto:andy@redcrowyoga.com)

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