



 GOLDEN
MONKEY
HEALING
Shadow Yoga



Golden Monkey Healing
13259 Moorpark Street
Sherman Oaks, CA 91423
www.goldenmonkeyhealing.com
www.shadowyoga.com

SHADOW YOGA Schedule

Developed by Natanaga Zhander, Shadow Yoga is a modern school of yoga that is rooted in classical hatha yoga. Emphasis is placed on four prelude forms which prepare the student for the classical asanas. Reflecting common principles found in yoga, Indian cultural dance, martial arts, and the Ayurvedic and Siddha systems on medicine, the Shadow forms combine leg work and skillful arm movements with deep breath work to strengthen and free the energy of the periphery channels.

\$15 per class

Please check our web site for up-coming events and workshops.

MONDAYS

7:00 - 8:30 AM Shadow Yoga Level 1-2 with Matt Schwartz

7:00 - 8:30 PM Shadow Yoga with Matt Schwartz
at InYoga Center (inyogacenter.com)

WEDNESDAYS

7:00 - 8:30 AM Shadow Yoga Level 1-2 with Matt Schwartz

7:00 - 8:30 PM Shadow Yoga with Matt Schwartz
at InYoga Center (inyogacenter.com)

FRIDAYS

7:00 - 8:30 AM Shadow Yoga Level 1-2 with Matt Schwartz

SATURDAYS

7:30 - 9:00 AM Shadow Yoga with Matt Schwartz
at InYoga Center (inyogacenter.com)