



# Hanuman Intensive

with Noah Mazé

May 10 & 11, 2008

Come rock your practice over two days with level II and III syllabus poses of arm balances, back bends, inversion variations, and wild and crazy hip openers. We will mix asana practice with pranayamas, meditations, myths and teachings of the radically empowered Divine Monkey! Hanuman is the leaper, bridge builder, changeling, son of the wind, possessed of the ashta siddhi (eight powers) who offers his powers in service. We become Hanuman when we leap to our innermost depths to return again and again to the everyday world. Get ready to soar!

**Saturday & Sunday**  
**12:30-4:30 pm**

Price: **\$140** if paid in full before 5/1/08;  
**\$160** after or \$80 per day



*Noah Mazé lives in Los Angeles and is considered to be a Senior Certified Anusara Yoga teacher. Recognized in the yoga community as one of the most advanced and proficient practitioners and teachers of Anusara Yoga, Noah is widely sought out as a teachers' teacher. In addition to teaching classes and trainings at City Yoga, Noah teaches nationally and internationally.*