

Visions of the Goddess

A transformational journey

Noah Mazé

May 16th, 17th & 18th

Asana • Pranayama

Meditation • Myth

SPANDARAMA
ANUSARA YOGA

815 A Early Street Santa Fe NM 505.989.1288 www.spandaramayoga.com

Content

Please join us at Spandarama for a very special weekend of Anusara Yoga and the mysticism of Hindu myth as we welcome our dear friend and ongoing guest teacher, Noah Mazé.

Noah will offer an inspired combination of yoga asana (posture), pranayama (breath) and meditation, inspired and infused with stories and teachings of the Goddess Traditions of Hindu Tantra.

We will play and contrast the beneficent (Shri) and the horrific (Kali), drawing the teachings into our bodies, minds and hearts.

The weekend will build and progress from session to session, so while you are welcome to enjoy single sessions, we encourage you to attend the entire weekend to more fully experience the unfolding of your own narrative.

Schedule

May 16th

Friday 5:30pm-7:30pm / \$40

May 17th

Saturday 10:00am-1:00pm / \$60

Saturday 3:00pm-5:00pm / \$40

May 18th

Sunday 10:00am-1:00pm / \$60

All sessions / \$175

About Noah

Noah Mazé is a certified Anusara Yoga teacher and lives in LA. In addition to his extensive studies with John Friend, founder of Anusara Yoga, Noah studies with Professor Douglas Brooks, one of the world's foremost scholars of the Srividya traditions of Hindu Tantra. Noah's teaching style is uplifting, energetic and expressive of his life long experience in the practice of yoga. His students consistently soar to new levels!

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