

Sunday 3 February 2008

10am – 1pm TRAVERSE THE MIDLINE

A wild variety of balancing postures will be explored as we cultivate the flexible strength needed to dance between opposites as the midline itself. This practice will be inspired by myths and teachings of Hanuman, who represents the powers of yogic attainment (ashta-siddhi) in service to life.

2.30pm – 5.30pm HEARTS OF COURAGE

It takes great strength and courage to engage and open one's heart; backbends to turn you inside out, and give expression to the innermost heart.

SIMULTANEOUS TRANSLATION INTO FRENCH

Price

Sunday 10am – 1pm

45 euros (40 euros up to the end of Wednesday 23 January)

Sunday 2.30pm – 5.30pm

45 euros (40 euros up to the end of Wednesday 23 January)

For further details contact:

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Noah Mazé, a Senior Certified Anusara® Yoga teacher, lives in Los Angeles, and travels around the world teaching yoga. 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.

Noah was born into a household of yogis and was raised with the practices and traditions of yoga. In addition to studying closely with Anusara Founder, John Friend for many years, Noah studies with Professor Douglas Brooks, one of the world's foremost scholars of the Shrividya traditions of the Hindu Tantra. Noah has also studied extensively with Richard Freeman in the Ashtanga Vinyasa Yoga tradition.

Noah's teaching style is uplifting, energetic, and expressive of the depth of his knowledge and life-long experience in the principles and practices of yoga. In Noah's classes, yoga philosophy, myths and stories weave together with asana (yoga postures), pranayama (breathing techniques) and meditation to create a powerful and transformative experience.

Anusara®
Yoga
with
Noah Mazé

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