

Noah Mazé **YOGA** presents

Anusara® Immersion

Do you want to take your yoga practice deeper? Do you want to know more about Anusara Yoga® and how it can lead to the fullness of your potential? Join Noah in this intimate and intensive-style course, and immerse yourself in the good company of a celebrated teacher, and a powerful, nourishing yoga.

Over these five days, we will delve into and unpack the principles and practices of Anusara Yoga®, from the Level I and Level II syllabus of postures. We will practice a progression of pranayana techniques, dharana and dhyana (meditation). Our main philosophical focus for understanding and comparison will be Classical Yoga (the Yoga Sutra of Patanjali) and the non-dual Tantric traditions (including the 36 tattvas).

We will draw qualities of studentship and subtle body anatomy (Kundalini, prana, chakras, nadis, koshas) into experience and understanding.

This fulfills Part 2 of John Friend's 108 hour Anusara Yoga® Immersion curriculum.

**5 day Immersion Intensive, March 7th through 11th, 2008
30 hours, Friday evening through Tuesday afternoon**

Shri Yoga NYC www.shriyoganyc.com Cost: \$700

To reserve, email reserve@shriyoganyc.com or call (212) 343 9642

Times: Friday 6pm - 9.30pm, Saturday 10.15am - 2pm and 3.30pm - 8pm,
Sunday 10am - 6.30pm (with lunch break), Monday 8am - 12.45pm and 2.10pm - 4.25pm,
Tuesday 11am - 1pm and 2.10pm - 4.25pm

Noah Mazé lives in Los Angeles and is a 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. 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 Srividya traditions of the Hindu Tantra.

Noah has also studied extensively with Richard Freeman in the Astanga Vinyasa Yoga tradition.

For more information on these events, and all of Noah's schedule, please go to

www.noahmazeyoga.com