

Adjustments & Therapeutics Weekend for Teachers and Students January 15 - 17, 2010 with Naime Jezzeny & Noah Mazé

Join two of Anusara Yoga®'s most celebrated teachers for a weekend workshop and in-depth exploration of the therapeutic power of Anusara Yoga® to support the body's natural healing process.

Complete Adjustment and Therapeutic Training (plus 4 hours of yoga)

Designed for teachers (and interested students) trained in Anusara Yoga®, this training will progress from common adjustments of poses on Level I and II syllabi into further refinement of the eye and touch and understanding detailed therapeutic applications. This track will include all sessions of the weekend (see also description of "Therapeutic Classes"). Each participant will receive individual attention throughout the training from both Noah and Naime.

\$275 before 12/31; \$325 after

Four 2-hour Therapeutic Workshops

Each of these classes will focus on a key region of the body, and the Universal Principles of Alignment™ that enable us to move into the optimal blueprint in every pose. When the body/mind/heart is in the optimal blueprint, health and wellness increase, pain and discomfort decrease. Each class will begin with 30 minutes of basic anatomy and physiology, followed by a 90 minute therapeutic yoga practice to empower you to deeper knowledge and understanding of the body, and to give you a therapeutic practice to do regularly. Each participant will receive individual attention during the class from both Noah and Naime.

Drop-in prices shown below (drop-in applies only to sessions where indicated)

Friday, January 15, 2010

10.00am - 12.00pm: *Intermediate/Advanced Practice* (\$20)

2.00pm - 6.00pm: *Adjustments*

6.30pm - 8.30pm: *All Levels Class* (\$20)

Saturday, January 16, 2010

9.00am - 11.00am: *Therapeutics WS: Shoulder Girdle, Thoracic and Cervical Spine* (\$30)

11.30am - 1.30pm: *Therapeutics WS: Elbows, Wrists and Hands* (\$30)

3.00pm - 6.00pm: *Upper Body Therapeutic Adjustments*

Sunday, January 17, 2010

9.00am - 11.00am: *Therapeutics WS: Hips, Pelvis, Sacrum and Lumbar Spine* (\$30)

11.30am - 1.30pm: *Therapeutics WS: Knees, Ankles and Feet* (\$30)

3.00pm - 6.00pm: *Lower Body Therapeutic Adjustments*

To register, please email info@noahmazeyoga.com



Naime Jezzeny is a nationally renowned, certified Anusara® teacher who is celebrated for a teaching style that is precise, accessible, and light-hearted. His years of study allow him to take the therapeutic qualities of yoga to another level. Naime has worked rehabilitatively with a wide variety of professionals including Olympic gold medalists, actors, dancers, and business leaders. Naime has assisted and studied extensively with John Friend since 1999 and incorporates the Universal Principles of Alignment™ into all of his teaching. Regarded as a teacher's teacher and a master of therapeutics, he teaches workshops and trainings throughout the U.S. and at his teaching home, Yogaphoria in New Hope, PA. www.snlivingyoga.com



Noah Mazé is celebrated in the yoga community as one of the most advanced and proficient practitioners of Anusara® Yoga. He is widely sought out as a teachers' teacher. A lifelong student of yoga, and certified to teach Anusara® Yoga since 2002, Noah is one of a tiny few nationwide who have been invited to serve on the Anusara® Yoga Curriculum Development Committee. Noah also serves on Anusara® Yoga's Certification Assessment Committee. Noah's therapeutic teachings informed by years of anatomical study and practice with rehabilitating injured students, and he holds a Bachelor's degree in leadership education, which assists him in methodically training teachers and students who blossom under his guidance. www.noahmazeyoga.com



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