

Immersion III with Noah Mazé

April 8 - 11, 2010

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, the community of the heart, and a powerful, nourishing yoga. This course is open to those who have completed Immersion I and II and will be taught in a progressive way to accommodate all levels of practitioner.

Immersion III will continue all principles, practices, themes and philosophy from Immersion I and II. In this four day intensive course, we will refine familiar poses, and expand the syllabus further into Level II and III poses. Our main philosophical study will be the Bhagavad Gita, the singular most important text in the yoga tradition, filled with profound and practical teachings still poignant to our lives.

We will continue basic anatomy, therapeutics, doshas of Ayurveda and the three malas. We will also study subtle body anatomy (kundalini, prana, chakras, nadis, koshas), and integrate understanding into experience with the inner practices of meditation, mantra and mudra. This fulfills Part 3 of John Friend's 100+ hours Immersion Curriculum and is a pre-requisite for anyone wishing to take an Anusara Yoga® Teacher Training.

Thursday and Friday
9.00am - 7.00pm

Saturday and Sunday
9.00am - 5.30pm

\$495 (by 3/25) or \$550

Register early - space is limited!

Inner Freedom Studios

Located in:

Sierra Sports and Spine Therapy
12257 Business Park Drive, #11
Truckee, CA 9616

To Register, email info@noahmazeyoga.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 fourteen teachers worldwide 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 teaching is 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. Noah was born into a household of yogis, was raised with its practices and traditions. His teaching style is expressive of the depth of his knowledge and lifelong experience. Noah travels the world teaching yoga, but lives in Los Angeles with his wife, Tracy, and their baby, Madeleine. www.noahmazeyoga.com

