

Anusara Yoga® Workshops with Noah Mazé in Las Vegas January 22 - 24, 2010

Heroism & Compassion

Over this transformative weekend, cultivate more heroism and compassion in your practices of asana, pranayama, and meditation. Ramayana, one of the major epics of the yoga tradition, tells a rich and powerful story that speaks to our own consciousness; and every character guides and informs these qualities.



Friday, 6.30pm - 8.30pm

Clarity and Transparency: Standing Poses, Hip Openers and Twists

Rama, the hero of the story, inspires this practice focusing on lower body principles of alignment, in a progressive sequence to align and open the legs, pelvis and lower back.

Saturday, 10.00am - 1.00pm

Reach for the Mango: Standing Poses and Backbends

Hanuman, the empowered yogi monkey, who serves Rama and Sita, inspires this practice. Tales of Hanuman's first leap keeps this step by step practice fun, as we progress with careful sequencing through standing poses into backbends. Your hips and heart will sing with gratitude.

Saturday, 2.30pm - 5.30pm

Inner Worlds: Inversions, Forward Bends, Meditation

We will continue our thematic exploration of Ramayana, focusing this time on the teachings of the feminine, Sita, the heroine of the story. Sita represents the inner voice of the sublime feminine, and the awakening and unfolding of one's inner life.

Intermediate/Advanced Workshop Sunday, 10.00am - 1.00pm

Hanuman's Leap: Up-Tempo Vinyasa, Leg and Arm Balances

Hanuman's leap across the ocean, from India to Lanka, inspires this up-tempo practice of vinyasa sequencing, leg and arm balancings.

In2Yoga
yoga for the rest of us

Cost: All Sessions \$155; Earlybird (before 1/15) \$140

Friday night: \$40; Saturday: \$40 each; Sunday: \$40

To register, phone (702) 203 5661 or email lightheartyoga@yahoo.com

In2Yoga, 9330 W. Sahara Avenue, Las Vegas, NV (nw corner of Sahara & Fort Apache, in the REMAX bldg)

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. Noah was born into a household of yogis, and was raised in yoga's practices and traditions. A lifelong student of yoga, and certified to teach Anusara® Yoga since 2002, Noah is one of a tiny few (nationwide) who sit on John Friend's Anusara® Yoga Curriculum Development committee. Noah also serves on Anusara® Yoga's Certification Assessment Committee. Noah's teaching style is expressive of the depth of his knowledge and lifelong experience. Noah's therapeutic teaching is informed by years of anatomical study and practice with rehabilitating injured students. Noah holds a Bachelor's degree in leadership education, which assists him in methodically training teachers and students, who blossom under his guidance. Noah travels the world teaching yoga, but lives in Los Angeles with his wife, Tracy, and their baby, Madeleine.

www.noahmazeyoga.com

