

The Divine Feminine Workshop

February 5th-7th, 2010



Kali



Saraswati



Lakshmi

Join Noah for a rich and dynamic weekend of Anusara Yoga. Through each session, we will combine the asana practice with teachings of the *Divine Feminine*. These teachings and images represent aspects of our own consciousness, and offer us many ways to receive, refine and celebrate the gift of life.

Schedule

Friday 14:00-18:00 *Teacher Training Session*; How to combine therapeutic manual adjustments with a great sequenced class.

Friday 18:30-21:00 *Multi-level led practice*; with Noah including pranayama and meditation. This practice will be really fun and full of joy.

Saturday 10:00-12:30 *Kali*; the Yoga of Sweetness--Standing Poses and Backbends.

Saturday 14:00-16:30 *Saraswati*; the Yoga of Intoxication--Inversions, Forward Bends and Hip Openers.

Sunday 10:00-12:30 *Lakshmi*; the Yoga of Beauty-- Balancing Poses.

Sunday 14:00-16:30 *Inner practices*; Meditation, Mantra, forward bends & twist



Noah Mazé is recognized in the yoga community as one of the most advanced and proficient practitioners and teachers of Anusara 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 Ashtanga Vinyasa Yoga tradition. www.noahmaze.com

Workshop chf. 325. Friday only chf. 100, Friday Teacher Session chf. 85, practice 45. All 2.5 hour sessions chf. 85 each.

Location: YogaSeefeld Feilengasse 5, Zurich, Switzerland

Register with Jeff Fisher: yogijeff@mac.com, +41 79 425 7032
Space is limited please register to reserve your place.