

WEEKEND WORKSHOP

February 13-14

with

Noah MAZÉ

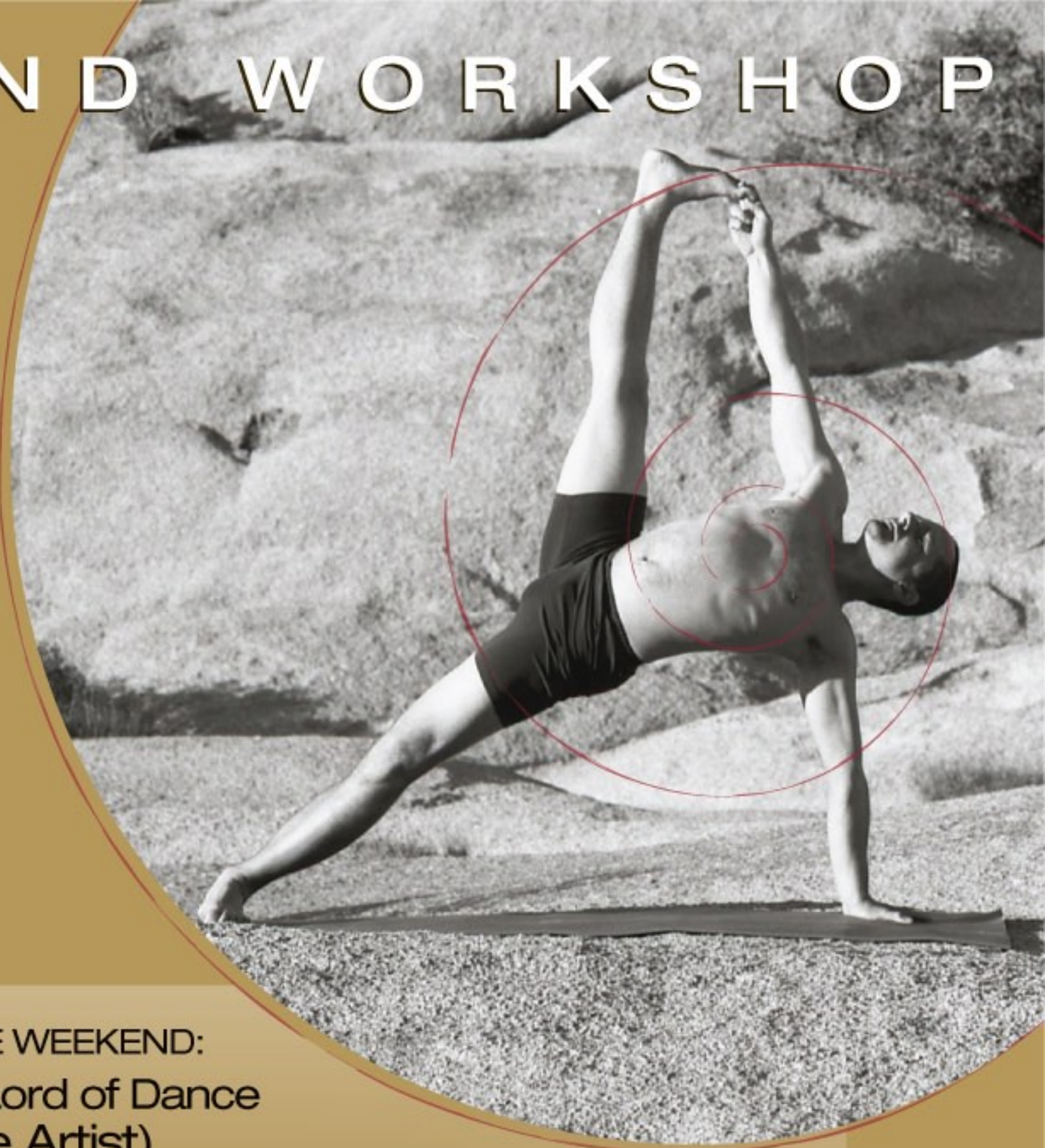
CERTIFIED ANUSARA
YOGA TEACHER

COST: \$195

EARLY PRICE: \$150

before January 29th

COST PER HOUR \$13



THEME FOR THE WEEKEND:

Nataraja, Lord of Dance
(Divine as the Artist)

This will be fun, potent, creative and engaging...

SATURDAY 13

9:00 am-11:30 am

Art of Vinyasa

12:30 pm-3:00 pm

**Art of Hip Openers, Twists,
and Forward Bends**

3:30 pm-6:00 pm

Lower Body Therapeutics

SUNDAY 14

9:00 am-11:30 am

Art of Backbends

12:30 pm-3:00 pm

**Art of Inversions, Forward Bends,
and Meditation**

3:30 pm-6:00 pm

Upper Body Therapeutics



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**KRAMA
yoga**