

# Power of Inversions & Meditation

with Noah Mazé

This course is offered over four consecutive  
**Tuesdays, February 16 and 23 and  
March 2 and 9, 2010**  
6.30.pm - 9.00pm

In this series of workshops, we will learn and refine the safe and effective practice of Sirsasana (headstand), Sarvangasana (shoulder-stand), Halasana (plow) and their cycles. We will learn multiple ways to practice these poses, sequence to and from them, and experience their beneficial power. This series will build progressively from one week to the next, with home practice in-between. Participants will receive handouts and homework exercises to gain the most benefit from this series. Additionally, we will build a progressive practice of meditation. Inverted poses have a powerful calming effect on the mind and nervous system, and make the practice of meditation accessible and effective. These poses and practices take time to learn and master, beyond what we can give them in regular classes.

Come and experience for yourself, what contemporary and ancient yogis have been proclaiming of their value.

To gain the most from these powerful poses, it is highly recommended that you attend the entire series. However, you may attend individual sessions by permission of the instructor; email [noah@noahmazeyoga.com](mailto:noah@noahmazeyoga.com) for more information.

*"In no other system of exercises are inverted poses available. The yogis realized the deleterious effects of gravity and, at the same time, they understood the inherent effects of these poses on the body."*

K. Raman, MD (from A Matter of Health)

*The ancient books have called Sirsasana (head stand) the king of all asanas...its mastery gives one balance and pose, both physically and mentally. The importance of Sarvangasana cannot be over-emphasized. Sarvangasana is the Mother of asanas."*

B. K. S. Iyengar (from Light on Yoga)



\$120 for the series or  
\$45 for single sessions



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