

# Mini Immersion with Noah Mazé

Wednesday, February 17, 2010

1:30pm - 6:30pm

The course will be open to anyone and everyone wishing to attend. If you have taken Noah's workshop, or if you are planning to join Noah for the public classes at Tahoe Wellness in February, or if you are brand new to Noah please feel free to join us. Likewise, if you are interested in participating in an Immersion at some point in the future, the class will give you a good idea about Immersion curriculum and what is delved into in the longer course. This Mini Immersion will be a requirement for anyone wishing to come into Immersion II without having completed Immersion I (Noah and Mark Lundbeck will assess applicants on an individual basis; email [noah@noahmazeyoga.com](mailto:noah@noahmazeyoga.com) for more info).

This Mini Immersion will be especially designed for students who want exposure to a broad outline of the content taught in Immersion I. This course will give attendees the opportunity to review the material covered in Immersion I: the 5 Universal Principles of Alignment, 7 Pairs of Loops, related muscular/skeletal anatomy and physiology, principles of postural categories, basic Anusara Yoga Philosophy. Participants will receive handouts and homework assignments/practice suggestions, and there will be time for specific questions.

**Cost: Early bird (before 2/10) \$85**  
**After 2/10 \$100**

## Inner Freedom Studios

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

**To Register, email** [info@noahmazeyoga.com](mailto:info@noahmazeyoga.com)

Noah Mazé is celebrated in the yoga community as one of the most advanced and proficient practitioners and teachers of Anusara® Yoga. Born into a household of yogis, Noah grew up steeped in the yoga tradition and its practices. In the 1990s, Noah worked as an outdoor educator and wilderness guide, helping people of all ages access the transformational power of nature. After a life long study of yoga and self-actualization, Noah began his work with John Friend in 1995. He was certified to teach Anusara® Yoga in 2002 and he has been dedicated to its principles and practices ever since. Widely sought as a teacher's teacher, Noah is one of a select group of teachers who serve on the Anusara® Yoga Curriculum Committee. He also sits on the Anusara® Yoga's Certification Assessment Committee. Noah's therapeutic teaching is informed by years of anatomical study, successful practice with rehabilitating injured students and his in- depth, experiential knowledge of the body and its innate healing capacity. Noah maintains an active local, national and international teaching schedule. He lives in Los Angeles with his wife, Tracy, and their daughter, Madeleine. In his limited spare time, he enjoys riding his bike, shopping at the farmer's market and reading obscure yogic texts.

[www.noahmazeyoga.com](http://www.noahmazeyoga.com)

