

Immersion II with Noah Mazé

February 18 - 21, 2010

Do you want to take your yoga practice deeper? Do you want to know more about Anusara Yoga® and how it can lead to the fullness of your potential? Join Noah in this intimate and intensive-style course, and immerse yourself in the good company of a celebrated teacher, the community of the heart, and a powerful, nourishing yoga. This course is open to those who have completed Immersion I and will be taught in a progressive way to accommodate all levels of practitioner.

Over this four day intensive course, we will delve into and unpack the principles and practices of Anusara Yoga® from the Level I and Level II Syllabus of postures. We will cover basic anatomy, physiology and therapeutics. Our main text is Patanjali's Yoga Sutra which invites a study of comparative yoga philosophy between Classical Yoga, Advaita Vedanta and Tantra.

We will study the 36 Tattvas of Tantric Cosmology, Cycles of Creation and teachings of Shri and Kula. This fulfills Part 2 of John Friend's 100+ hours Immersion Curriculum and is a pre-requisite for anyone wishing to take an Anusara Yoga® Teacher Training.

Thursday and Friday
9.00am - 7.00pm

Saturday and Sunday
9.00am - 5.30pm**

\$495 (by 2/10) or \$550

Register early - space is limited!

Inner Freedom Studios

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

To Register, email info@noahmazeyoga.com

***1.30pm - 5.30pm Saturday & Sunday are held at Tahoe Yoga and are open to the public. Go to www.tahoe yoga.com for details.
Saturday, Feb 20: Transforming the Negative into Marks of Auspiciousness
Sunday, Feb 21: Limbs of Empowerment*

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

