

Anusara Yoga® with Noah Mazé

February 20 & 21, 2010

These sessions are primarily yoga pose based, full spectrum, vigorous practices, taught to accommodate all levels of practitioner. The sessions will be rigorous of body, mind and heart, leaving your body warm and your mind clear. The sessions will introduce some yoga philosophy, and other practices of yoga (for example, pranayama). Saturday's session will focus on backbending, while the Sunday session will feature hip openers, forward bends and arm balances. The sessions will progress from one to the next, although single session participation is also appropriate. Sessions will draw philosophical teachings from an important Indian text called the "Yoga Sutras," said to be authored around two thousand years ago, and attributed to the sage known as Patanjali. Many of the basic ideas and practices of yoga that we do today originate from this text, which introduces the concept (among other things) of the fundamental separation of matter and spirit.

Saturday, February 20

1.30pm - 5.30pm: *Transforming the Negative into Marks of Auspiciousness*

A full spectrum practice that moves progressively into backbends—with focus on making backbending more comfortable and familiar in the body. We will consider teachings from the beginning of the second section of Patanjali's Yoga Sutra on "Kriya Yoga," and how to turn shadows & challenges ("Kleshas"), into marks of auspiciousness ("Lakshmis"). We will strive to make these teachings practical and relevant to our lives, and bring them onto the mat in with intelligence and sensitivity, as well as create inner practices of meditation and mantra.

Sunday, February 21

1.30pm - 5.30pm: *Limbs of Empowerment*

In this session, our asana practice will open the lower body with twists, hip openers and forward bends, and use this openness to move into and access arm balancings in a playful, progressive and empowering sequence. We will consider the well known eight limbs ("Ashtanga Yoga") of Patanjali's Yoga Sutra, and continue building the outer and inner practices of yoga.

Cost: Early bird (by 2/10): \$70 per session / \$120 for both
After 2/10: \$80 per session / \$140 for both

Register Early - Space is limited!



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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

