

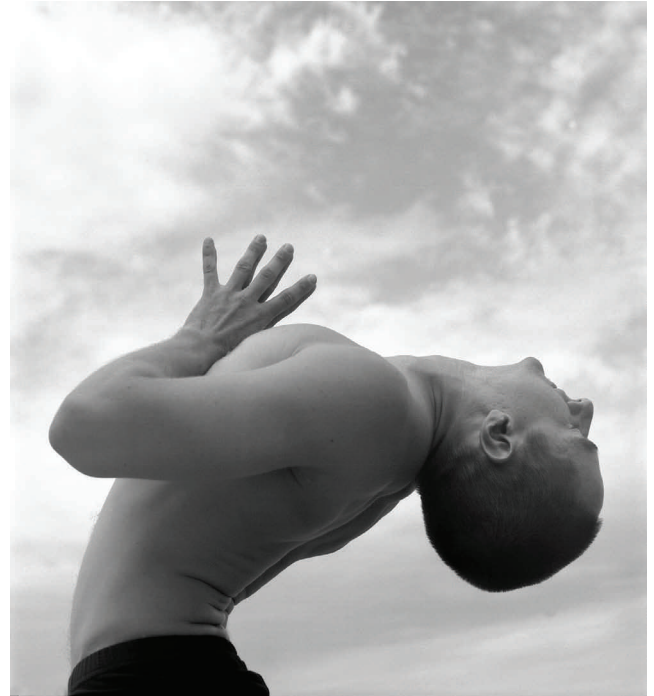


**Balanced Rock**  
look inward, explore outward.

# Anusara Yoga® Intensive

With Noah Mazé

At the Yosemite Bug Spa



**Friday, March 5<sup>th</sup>, 6:30-8:30 pm**

**Basics and Beyond** — This all-levels class is an introduction or extension of the Level I Anusara Yoga syllabus. This class is taught in a progressive way to accommodate all levels of practitioners.

**Saturday, March 6<sup>th</sup>, 9:00 am-12:30 pm**

**Teachers' Intensive** — This class is for teachers and students interested in biomechanical alignment and Anusara teaching practice. It is primarily asana-based, with an emphasis on techniques for teaching inclusively to a wide range of students and hands-on adjustments for students.

**Saturday, March 6<sup>th</sup>, 2:00-4:30 pm**

**Balanced Action** — An all levels class focusing on standing postures, arm balances, and hip-openers through a blend of practice, principles, and philosophy.

**Sunday, March 7<sup>th</sup>, 9:00am-1:00pm**

**Radical Play** — Intermediate vinyasa, arm and leg balances, inversions are balanced with mantra, philosophy, pranayama and meditation in this playful and engaging session exploring the complexity of yoga prac-

All class fees includes all-day access to the Bug Spa facilities—hot tub, sauna, and showers. Fresh meals and lodging available at the Yosemite Bug Resort and Café

To enroll or more information  
visit [www.BalancedRock.org](http://www.BalancedRock.org) or  
call 209-379-9453

\$25 each Friday and Saturday pm classes  
\$45 each Saturday and Sunday morning  
\$115 all class pass