

# Tejase - Light of Consciousness

Anusara Yoga® with Noah Maze • March 12-14, 2010

## ALL LEVELS WORKSHOPS:

Friday 3/12, 5-8:30 PM

Saturday 3/13, 4-7:30 PM

Sunday 3/14, 4-7:30PM

**Full Spectrum Light** - 108 Poses of the Level I Syllabus

**What is Inside is Outside** - Inversions, Standing Poses and Backbends, Philosophy and Meditation.

**What is Outside is Inside** - Forward Bends, Hip Openers, Twists and Arm Balances, Philosophy and Meditation.

**Intermediate/Advanced Led Practice:** Saturday to Thursday (3/13-3/18) Sadhana: 7-9am Pre-requisites; can kick up to Adho Mukha Vrikshasana (handstand) at wall unassisted, press up into Urdhva Dhanurasana (full backbend) with straight arms, hold Sirsasana and Saravangasana (headstand and shoulderstand) in middle of room for 3+ minutes each).

3.5 hour workshop drop in - \$60.

Friday-Sunday Workshop package price - \$165 (\$145 before 3/2).

2 hour intermediate/advance practice drop in - \$25.

6 intermediate/advanced practice package price - \$100

Everything price= \$235 (by 3/2)

Noah was a presenter at the 2009 Telluride Yoga Festival.

Mail check made out to  
Anusara in Telluride,  
PO 2052, Telluride, CO 81435.  
Call Ally at 970.728.4001 or  
email allycrilly@mac.com



Noah Mazé is recognized in the yoga community as one of the most advanced and proficient practitioners and teachers of Anusara Yoga and is widely sought out as a teacher's teacher. Born into a household of yogis, Noah was raised with the practices and traditions of yoga. His teaching style is uplifting, energetic and expressive of the depth of his knowledge and life long experience in the principles and practices of yoga. In Noah's classes, yoga philosophy, myths and stories weave together with asana, pranayama and meditation to create a powerful and transformative environment. Noah lives in Los Angeles with his wife, Tracy, and their new baby, Madeleine.  
[www.noahmzeyoga.com](http://www.noahmzeyoga.com).