

Noah Maze

March 19-21, 2010
Scottsdale Studio



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 teachers' teacher. Noah was born into a household of yogis, raised with the practices and traditions of yoga. His teaching style is expressive of the depth of his knowledge and lifelong experience in yogic principles and practices. In addition to studying closely with Anusara Founder John Friend for many years, Noah studies with Professor Douglas Brooks, one of the world's foremost scholars of Tantra.

Friday March 19: 5:30-8:30p.m. Basics and Beyond; 3 hour workshop covering ALL of the Level I Syllabus.

Saturday March 20: 1:00-5:00p.m. Explorations into the Level II (Intermediate) Syllabus.

Sunday March 21: 10:30-12:30p.m. Practice with Noah focusing on vinyasa and hand balances.
1:00-5:00p.m. Spotting, adjustments, and basic therapeutics for teachers and students.

Price: \$60/55* for the 4 hour classes; \$50/45* for the 3 hour class; \$25/20* for the Sunday practice; whole weekend \$160/145*.

Register online or by phone 480.905.8801

REFUND POLICY: Workshops payments may be refunded with 72 hour notice, less administrative fee of \$10 per individual session or \$25 for whole weekend. No refunds or credits for less than 72 hours notice.

*Early registration price. Good through February 5, 2010.

yoga  village