

# Anusara Yoga® Workshops with Noah Mazé March 26 - 28, 2010

## Heroes & Heroines; Stories and Practices of Yoga

In these sessions, we will explore stories of Heros and Heroines from Ramayana and Mahabharata, their symbolism and teachings, and embody these great qualities in our yoga practices. We will affirm and celebrate the gift of being born mortal. The longer sessions (3-3.5 hours) will be asana based, designed for intermediate practitioners, and will be woven with mythic story and teachingsto create a rich experience of alignment. The shorter sessions will be more philosophy discussion, basic asana (seated forward bends and hip openers), mantra, mudra and meditation practice.



**Friday, 4.00pm - 7.00pm**

*Intermediate Syllabus: Vinyasa, Standing Poses, Backbends*

**Friday, 7.30pm - 9.00pm**

*Philosophy and Meditation*

**Saturday, 12.00pm - 3.30pm**

*108 Poses of the Level 1 Syllabus*

**Saturday, 4.30pm - 6.30pm**

*Philosophy and Meditation, Seated Forward Bends and Hip Openers*

**Sunday, 9.30am - 1.00pm**

*Balancing Poses of Every Type*

**Sunday, 2.00pm - 4.00pm**

*Philosophy and Meditation, Seated Forward Bends and Hip Openers*

**Cost: All Sessions \$190**

**1 1/2 Hour Philosophy Session Friday Night: \$15**

**2 Hour Session: \$30; 3 or 3 1/2 Hour Session: \$45**



*To register, phone (928) 774 9010 or go to [www.theyogaexperience.com](http://www.theyogaexperience.com)*

**17 N. San Francisco Street, Suite 3C, Flagstaff, AZ 86001**

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

[www.noahmazeyoga.com](http://www.noahmazeyoga.com)

