

April Anusara Yoga® Intensive

with Noah Mazé
April 2 - 6, 2010

Dive into the conversation of body, mind, and heart, in this challenging and nurturing yoga intensive. Each session will progress from the poses, practices and teachings of the previous sessions, and the intensive is designed for complete participation, but drop-ins are welcome. Every session will be primarily asana based to align the body, with a progressive philosophical narrative of teachings from the epic Ramayana. Ramayana, the "Path of Ram", is one of the two major epics of the yoga tradition. Divided into 7 books, Ramayana tells the story of the Divine embodied; the greatest possibilities of being human in the characters of Rama, Lakshmana, Sita, Hanuman, and the possibilities of the Demonic as Ravana. We will consider these teachings and interpretations in light of the Tantric Yogas, and seek to make them manifest in our bodies, and practical in our lives.

April 2 - Beginnings and Foundations; Bala Kanda (Book of the Child)

AM: Level I syllabus: Surya Namaskar, Standing Poses, Arm Balances and Backbends

PM: Level I syllabus: Forward Bends, Twists, Hip Openers, Inversions, Meditation and Pranayamas

April 3 - Life of Dharma; Ayodhya Kanda (Book of the City)

AM: Level II syllabus: Vinyasa, Standing Poses and Backbends

PM: Level II syllabus: Seated Forward Bends, Twists, Hip Openers, Inversions, Meditation and Pranayamas

April 4 - Forest of Consciousness; Aranya Kanda (Book of the Forest)

AM: Level II syllabus: Arm Balances and continuation of Backbends

PM: Seated Forward Bends, Twists, Hip Openers, Inversions, Meditation and Pranayamas

April 5 - Alliance of Human and Nature; Kishkinda Kanda (Book of the Monkey Citadel)

AM: Into Level III: Vinyasa, Standing Poses and Backbends

PM: Into Level III: Seated Forward Bends, Twists, Hip Openers, Inversions, Meditation and Pranayamas

April 6 - Leap of Consciousness; Sundara Kanda (Book of Beauty)

AM: Continuous Vinyasa practice of poses from all three syllabi of asana

PM: Meditation, Mantra, Pranayamas, Hip Openers, Inversions and conclusions

Pre-requisites: able to kick up to Adho Mukha Vrksasana (Handstand) at wall without assistance, press up into Urdhva Dhanurasana (Full Wheel Backbend) with straight arms, regular practice of Sirsasana (Headstand) and Sarvangasana (Shoulder Stand).

Bring a mat, a towel, a change of outfit, snacks/lunch, and any props that you may need.

Investment: RM1900 (Earlybird discount: RM1700 before March 20)

Full day: RM400 / Per session RM220

To register, please contact:

Vincent 012 268369, or email vincent_yoga@yahoo.com.

For more info, please visit www.vincenttamyoga.com

Venue: Bangunan BAKTI, 6 Changkat Abang, Haji Gopeng, Taman Tun Dr Ismail, 60000 Kuala Lumpur

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

