

Enjoy • Move • Breathe

# Yoga

Inner Dance  
Studio

## Anusara Yoga® Workshops

with **Noah Mazé**

**April 16-18, 2010**

**Anusara Yoga® Therapeutics for Teachers & Students • \$75**

**Friday • 2:00 - 5:00 pm**

Learn and refine your understanding and skillful observation of Anusara's Universal Principles of Alignment™. Open to everyone, this session will explore practical and experiential therapeutic adjustments for common bio-mechanical injuries and conditions. We will apply these therapeutic principles to specific poses and customize this session to the needs of participants.

**Mixed Level Workshops • \$195**

**Friday • 7:15 - 9:15 pm**

**Saturday • 10:00 am - 1:00 pm & 3:00 - 5:30 pm**

**Sunday • 9:00 - 11:30 am**

Join Noah for a weekend of yoga asana interwoven with myths and stories. Deepen your practice, inspire your mind, and open your heart. Morning sessions will be up-tempo and include standing poses, back bends, and arm balances. Afternoon sessions will be contemplative with seated forward bends, hip openers, twists, inversions and meditation.



**Noah Mazé** is recognized within 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 of teachers. Noah was born into a household of yogis, was raised with the practices and traditions of yoga, and his teaching style is expressive of the depth of his knowledge and lifelong experiences in the 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 the Srividya traditions of the Hindu Tantra. Noah has also studied extensively with Richard Freeman in the Ashtanga Vinyasa Yoga tradition. Noah also serves on the Anusara Yoga® Curriculum Development committee, the Anusara Yoga® Certification Assessment committee and is a Yoga Alliance registered yoga teacher. In Noah's classes, yoga Philosophy, myths, and stories weave together with asana, pranayama and meditation to create a powerful and transformational environment. Noah lives in Los Angeles, California, with his wife, Tracy, and their baby, Madeleine.



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Visit us online at: [www.innerdanceyogastudio.com](http://www.innerdanceyogastudio.com)

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