

VISIONS AND PRACTICES OF YOGA -

# HANUMAN OF FIVE FACES

April 23 - 25

with Certified Anusara® Teacher Noah Mazé

Join Noah in an exploration of the myth of Panchamukha Anjaneya, Five-Faced Son of Anjani, the South Indian version of Hanuman. Journey progressively and intelligently through the syllabi of poses, advancing your practice of asana, as well as meditation, pranayama, philosophy, and mythic story.

**Friday, 3-5:30PM:** Therapeutics for Teachers and Students - Upper Body: This special session will focus on therapeutic applications of yoga to provide students and teachers with tools to actively relieve pain and repair injuries.

**Friday, 6-8PM:** Varaha - Standing Poses and Hip Openers: Varaha tells the story of the Boar, embodied to seek out the truth with the element of Earth. In this session, we will establish a grounding in truth, in a practice of standing poses and hip openers.

**Saturday, 10am-1pm:** Garuda-Backbends: Garuda tells the story of the soaring bird, swooping down into the waters to pluck up the serpents and transmute poison into nourishment. We will align with care and progress sequentially to experience the transformational power of backbends.

**Saturday, 3-5pm:** Hayagriva - Inversions, Seated Forward Bends, Hip Openers, Twists, and Meditation: Hayagriva, the story of the horse, relates to the expanse of an open mind, and the element of space. We will expand consciousness in this session of introspective poses and practices.

**Sunday, 11am-2pm:** Narasimha - Vinyasa, Standing Poses, and Arm Balances: Narasimha tells the story of the man-lion, with the element of fire. We will find the fire of the midline, and align ferocity in service of beauty in standing and arm balance postures.

\$190 for whole workshop/\$170 by 4/16/10. \$20 per hour for individual sessions, 3hr - \$60, 2hr - \$40, 2.5 hr - \$50. 10% discount for 2 or more sessions.

