

Anusara Yoga® Workshops with Noah Mazé in Jackson April 30 - May 2, 2010

Heroism & Compassion

Over this transformative weekend, cultivate more heroism and compassion in your practices of asana, pranayama, and meditation. Ramayana, one of the major epics of the yoga tradition, tells a rich and powerful story that speaks to our own consciousness; and every character guides and informs these qualities.



Friday, 6.30pm - 8.30pm

Clarity and Transparency: Standing Poses, Hip Openers and Twists

Rama, the hero of the story, inspires this practice focusing on lower body principles of alignment, in a progressive sequence to align and open the legs, pelvis and lower back.

Saturday, 9.00am - 12.00pm

Reach for the Mango: Standing Poses and Backbends

Hanuman, the empowered yogi monkey, who serves Rama and Sita, inspires this practice. Tales of Hanuman's first leap keeps this step by step practice fun, as we progress with careful sequencing through standing poses into backbends. Your hips and heart will sing with gratitude.

Saturday, 1.30pm - 4.30pm

Inner Worlds: Inversions, Forward Bends, Meditation

We will continue our thematic exploration of Ramayana, focusing this time on the teachings of the feminine, Sita, the heroine of the story. Sita represents the inner voice of the sublime feminine, and the awakening and unfolding of one's inner life.

Intermediate/Advanced Workshop Sunday, 10.00am - 1.00pm

Hanuman's Leap: Up-Tempo Vinyasa, Leg and Arm Balances

Hanuman's leap across the ocean, from India to Lanka, inspires this up-tempo practice of vinyasa sequencing, leg and arm balancings.



**Cost: All Sessions \$170; Earlybird (before 4/15) \$155
Friday night: \$45; Saturday: \$50 each; Sunday: \$50**

**To register, phone (307)690 1350 or email info@akashayogajh.com
Akasha Yoga 150 East Hansen, Jackson WY 83001**

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 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

