

# Complete Anusara Yoga® Immersion

with Noah Mazé

**Do you want to take your yoga practice deeper?** Join Noah in this intimate course, and immerse yourself in the good company of a celebrated teacher, the community of the heart, and a powerful, nourishing yoga. This course is open to everyone and will be taught in a progressive way to accommodate all levels of practitioner. **Attendance will be limited to twenty five students to ensure an in-depth experience for everyone.**

Over thirteen Tuesday evenings starting in May (dates below), unpack the principles and practices of Anusara Yoga®. From the philosophy that forms Anusara, to the clear understanding and application of the Universal Principles of Alignment™, to all the poses on the Level I, II and III syllabii of asana, we will engage and explore this yoga. Also included in the course are three yoga “intensive style” weekends, with special guest teachers, Dr. Douglas Brooks and Christina Sell.

Program will also include:

- \* Asana, in a systematic progression through Level I, Level II, and Level III syllabi
- \* Universal Principles of Alignment, biomechanics and anatomy, basic therapeutics
- \* Pranayama, meditation, mantra, mudra
- \* Subtle body anatomy (kundalini, prana, chakra, nadi, kosha)
- \* History of the Yoga Tradition
- \* Tantric philosophy
- \* Classical Yoga Philosophy: Patanjali's Yoga Sutra
- \* Bhagavad Gita
- \* Readings, contemplation, homework, and practice suggestions

This Immersion fulfills all parts of John Friend's 100+ hours Immersion Curriculum and is a pre-requisite for anyone wishing to take an Anusara Yoga® Teacher Training.

Tuesday nights 6.00 - 9.30pm: May 11, 25; June 1, 8, 15;  
July 6, 13, 27 (in July evening sessions will be from 5.00 - 10.00pm);  
October 12, 19, 26; and November 2, 9

Weekends: May 28 - 30, Yoga of the Inner Voice: with Dr. Douglas Brooks  
July 9 - 11, For the Love of Yoga: with Christina Sell  
November 5 - 7, Yoga of Subtle Connection: with Dr. Douglas Brooks

Cost: \$1485 (postmarked by April 27),  
\$1600 (after April 28)

**This program will be held in Hollywood, CA and will be limited to twenty five students.**

To register, download the registration form located on the schedule page at [www.noahmazeyoga.com](http://www.noahmazeyoga.com) and return the form along with a check made out to Noah to 1535 N. Curson Avenue, Los Angeles, CA 90046.

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 access the transformational power of nature. After a life long study of yoga, Noah began studying with John Friend in 1995 and was awestruck. Not long thereafter, he also became a devoted student of Tantric scholar, Dr. Douglas Brooks. Noah was certified to teach Anusara® Yoga in 2002, and has been dedicated to teaching its principles and practices ever since. Widely sought out as a teacher's teacher, Noah is one of a small group who serve on the Anusara® Yoga Curriculum Committee. He also sits on 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 experiential knowledge of the body and its innate healing capacity. Noah maintains an active local, national and international teaching schedule. In his limited spare time, he enjoys riding his bike, shopping at the farmer's market and reading obscure yogic texts. Noah lives in Los Angeles with his wife, Tracy, and their sweet toddler, Madeleine, and four rescued four leggeds.



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