

The Divine Feminine

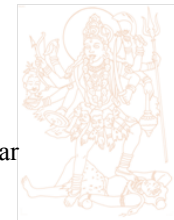
with Noah Mazé
May 15th–16th, 2010



Kali, the Yoga of Sweetness | Saturday 10:00 – 1:00 PM | \$50

Standing Poses and Backbends

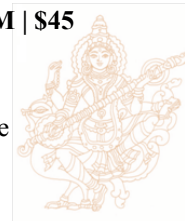
In this workshop, teachings of Kali engage and expand your commitment to your practice. Kali takes us to the boundaries of comfort, where transformation and deep sweetness are powerfully present. Surya namaskar and standing poses energize, optimize and expand us in this progressive sequence culminating in the potent sweetness of backbends.



Saraswati, the Yoga of Intoxication | Saturday 2:30 – 5:00 PM | \$45

Inversions, Forward Bends, Hip Openers, Meditation

Inversions (sirsasana, sarvangasana etc.) restore and rejuvenate every system of the body. Hip openers and forward bends prepare us for seated pranayama and meditation. Inspired by Saraswati, the muse of clarity, this practice offers the opportunity of a deep inner experience, and leaves you feeling powerfully calm.



Laksmi, the Yoga of Beauty | Sunday 9:00 – 12:00 PM | \$50

Full spectrum practice of Vinyasa, Standing Poses, Hand Balancings

This abundant practice is woven together to create continuous movement, awareness and breathing that nurtures as it challenges. Laksmi inspires us to our fullest potential on and off the mat.



Yoga of Healing | Sunday 2:00 – 4:30 PM | \$45

Yoga Therapeutics for Teachers and Students; Lower 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. We will address a variety of musculo-skeletal injuries and misalignments related to the lower back, pelvis, hips, knees, ankles and feet. We will incorporate basic anatomy and kinesiology and apply these principles in a therapeutic yoga routine, as well as specific poses where discomfort is experienced. A good opportunity to learn practices that will address and relieve pain. All levels encouraged.

Noah Mazé is recognized in the yoga community as one of the most advanced and proficient practitioners and teachers of Anusara Yoga®, and is widely sought out as a teachers' teacher. Noah was born into a household of yogis, raised with the practices, and traditions of yoga. His teaching style is expressive of the depth of his knowledge and lifelong experience in yogic 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 Tantra.



To register: fill out the following and send to:
Shri Yoga Madison, c/o Barbara Flesch, 458 Jean Street: Madison, WI 53703
Make checks payable to: Shri Yoga Madison

Name: _____ Full Weekend: _____
(\$170 if paid by May 1st, \$185 after)
Phone: _____ Saturday AM (\$50): _____
Saturday PM (\$45): _____
Email: _____ Sunday AM (\$50): _____
Sunday PM (\$45): _____

Questions? Contact Barb at bdf_la@ameritech.net or Iris at synergybodyworks@charter.net

Main Street Yoga Studio | 1882 East Main Street: Madison, WI 53704