

# All Levels Anusara Yoga Workshop with Noah Maze'

## May 22nd - 23rd



### Saturday:

12-2:30pm Hearts of Courage

In this workshop, we will engage and expand your commitment to your practice. Surya namaskar and standing poses energize, optimize and expand us in this progressive sequence culminating in the power and potency of backbends.

4-6:30pm Upside Down, Outside In (part I)

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

### Sunday:

10-12:30 Dance of Consciousness

Vinyasa sequencing, standing poses, and hand balancings weave together to create a continuous practice of movement, awareness and breathing that nurtures as it challenges.

2-4:30pm Upside Down, Outside In (part 2)

Building on the previous classes, we go deeper into hip openers and forward bends (lotus), inversion variations, pranayamas and meditation to further explore your inner states of consciousness.

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, was raised with the practices and traditions of yoga, and his teaching style is expressive of the depth of his knowledge and lifelong experience in the principles and practices.

*Vancouver Yoga*  
CENTER

**\$135** Early-bird registration by 4-22

**\$155** After 4-22

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