

# The Art of Teaching Anusara Yoga

**June 4th -6th**

Fee: \$260

\$220 early registration by 5/15

with Noah Mazé

This unique 20 hour training is designed to take experienced students and teachers deeper into the art of teaching Anusara Yoga.

From Friday night to Sunday we'll meet for 17 classroom hours, and then follow up the content and exercise with 3 hours of adjunct study that will be assessed and returned.

Each session will include teaching theory and discussion, and plenty of practical hands-on experiential learning.

In this supportive and intimate training, each student will receive individual attention and feedback to hold the seat of the teacher with greater skill, confidence and sensitivity.

Sessions will focus on:

- Developing authentic Heart-based themes
- Refining articulation skills
- Sequencing strategies for teaching the Universal Principles of Alignment; beginning, mixed level and advanced classes
- Observation skills; creative methods for teaching to what you see
- Effective verbal, hands-on and therapeutic adjustments

*All hours accrue towards Anusara Certification*

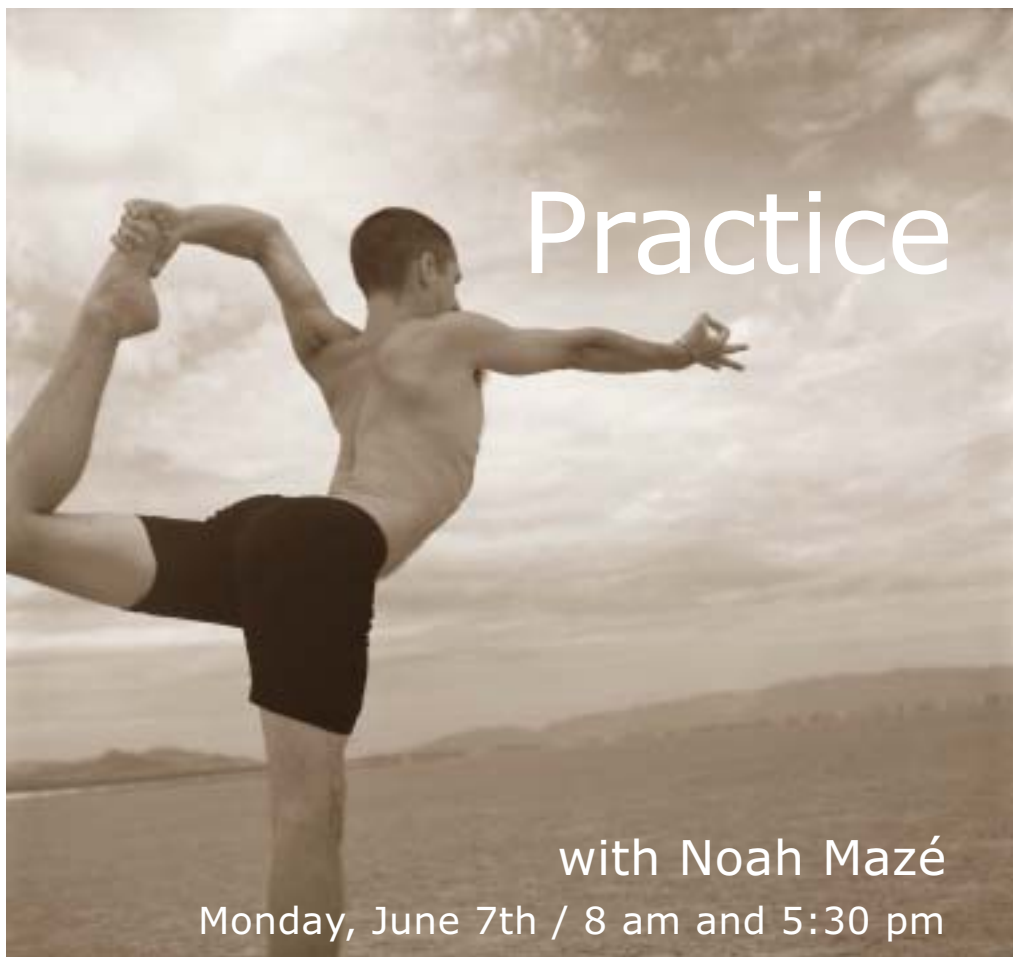
Call Spandarama to register @ 505 989 1288

To find out more about Anusara Yoga visit [www.anusara.com](http://www.anusara.com)

For more about Noah visit [www.noahmazeyoga.com](http://www.noahmazeyoga.com)

**Don't miss this wonderful opportunity to study with one of Anusara Yoga's most gifted teachers and practitioners**





# Practice

with Noah Mazé  
Monday, June 7th / 8 am and 5:30 pm

815 A Early Street Santa Fe, NM 505.989.1288

Please join us for two wonderful practice opportunities with visiting Certified Anusara Yoga Teacher, Noah Mazé.

Noah will be guest teaching our regularly scheduled Monday classes at 8am and 5:30pm on June 7th.

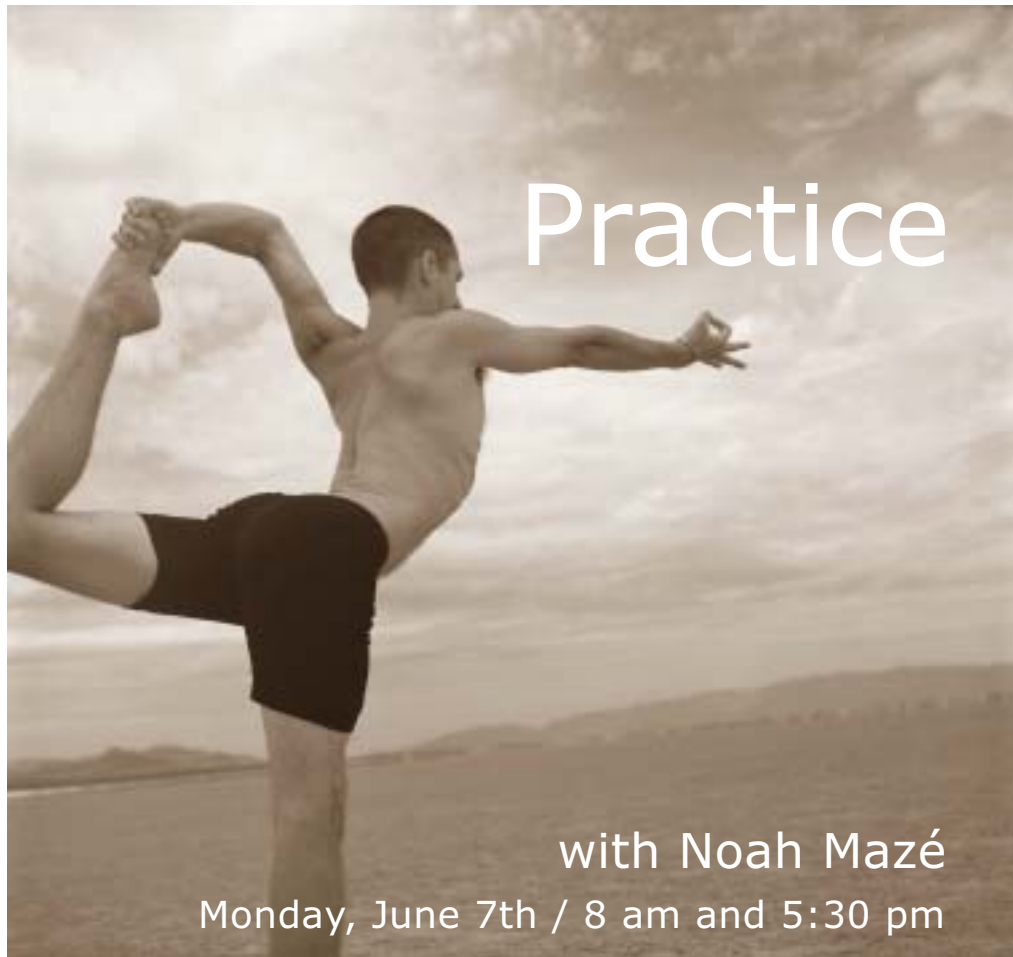
These classes will be generously offered for a \$15 standard drop-in rate and are suited to all levels of practitioner.

This is a great opportunity to take class with one of Anusara Yoga's most inspiring teachers and proficient practitioners.

Sign up in advance to secure your spot, as space is limited! Call 989 1288.



www.spandaramayoga.com



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