

# 3 Day Practice Intensive

with Noah Mazé



Come ready to play and work hard in a series of three intermediate/advanced led practices.

Noah will turn the heat up with three intelligently sequenced, sustained practices. Poses will be offered in stages with advanced options for you to challenge your practice, grow and deepen.

Pre-requisites: proficiency with ALL the poses on the level I syllabus, an active interest to practice the level II and III syllabi, an open mind and committed heart, and ability to work with your limitations intelligently. Come ready for anything!

## **Monday 12:30-3:30 *Kali Kick-As(ana)***

This practice will invoke the inner fire as we forge ourselves into backbends from all three syllabi. Did we mention backbends?

## **Tuesday 12:30-3:30 *Sarasvati Flows***

A sustained vinyasa based practice of poses of every category and syllabi. Bring a towel (or three).

## **Wednesday 12:30-3:30 *Lakshmi Rocks Me***

Hand balancings...ALL of them...from EVERY syllabi.

# June 14-16, 2010

**\$90** for entire series if paid in full before 6/7/10;

**\$100** after or **\$40 per day**



**City Yoga**

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