

For the Love of Yoga

A Weekend of Playful & Rockin' Yoga

with Christina Sell & Noah Mazé

July 9 - 11, 2010

Join Noah and Christina for a weekend of playful and rockin' yoga! Sweetness, light heartedness and fire will combine to refine, progress and elevate your understanding and practice of yoga. Both known for their passion and dedication to yoga, and precision as teachers, their combined experience in the room will invite, support and challenge all who participate. Come ready to work and play hard!

Friday July 9: 2.30pm - 6.30pm

Yoga of Krama; a workshop on sequencing, for teachers and dedicated students

In this practical and engaging workshop, we will explore a variety of methods of sequencing, both in teaching classes, and in your own practice. It is all too easy to default to a standard sequence, and limit the growth and creativity. This session will give you many usable tools and ideas to progress as a teacher and as a student on the path of asana.

7.00pm - 9.00pm *For the Love of Embodiment; Freedom to Bondage*

Many yogas describe a process of moving from bondage to the attainment of freedom. Tantric yoga begins in freedom, and we exercise our freedom as choice, effectively binding ourselves. We will build strength and opening using steady and creative vinyasa sequencing into bound poses. Standing poses, forward bends, twists and arm balances from all three levels of syllabus will layer to create a practice that celebrates our intrinsic freedom.

Saturday July 10: 10.00am - 1.00pm *For the Love of Backbends; Part I*

Whether you already love backbends, or would like to experience the love, this workshop is for you. We will sequence progressively and intelligently, with Universal Principles of Alignment, from Level I into Level II and III syllabus backbends. We will approach the poses in stages, modifying and using props, as needed, to empower everyone to their greatest heart opening potential.

3.00pm - 6.00pm *For the Love of Beauty; Lotus in Every Direction*

Lotus in Every Direction will open your hips and bring inner beauty into form in a variety and array of hip openers, forward bends, inversions. Even hand balancings and standing poses. Who knows, maybe your legs will even go behind your head in this uptempo and playful practice ...

Sunday July 11: 10.00am - 1.00pm *For the Love of Backbends; Part II*

Building on Saturday's backbend practice, we will increase the love by paying particular attention to the "four pillars of backbends"; Urdhva Dhanurasana, Kapotasana, Dwi Pada Viparita Dandasana, and Mandalasana.

3.00pm - 6.00pm *For the Love of Self; Inner Depths*

We will dive into the inner depths in this contemplative practice of sirsasana, halasana and sarvangasana cycles, contemplative forward bends, hip openers and twists, pranayama and meditation. This practice will complement the "hard work" of the weekend, and seek to bring you to a place of bliss and inner sweetness.



Christina Sell and Noah Mazé are celebrated in the yoga community as two of the most advanced and proficient practitioners of Anusara® Yoga. They are widely sought out as teachers' teachers. Christina has been teaching for over 10 years and is the author of *Yoga from the Inside Out: Making Peace with Your Body Through Yoga*. Her teaching is clear, insightful and passionate and she is dedicated to helping people of all ages and abilities experience the joy of yoga. Noah grew up steeped in the traditions and practices of yoga and began studying with Anusara Yoga founder, John Friend in 1995. Not long after, he became a devoted student of Tantric scholar, Dr. Douglas Brooks. Noah's 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. Together, Christina and Noah create a powerful, transformative environment. Christina lives in Austin, Texas with her husband, Kelly, their retired greyhound and four cats. Noah lives in Los Angeles with his wife Tracy, their baby Madeleine and four rescued four-leggeds. Both sit on the Anusara® Yoga Curriculum Development Committee and the Anusara® Yoga Certification Assessment Committee.

For more information, go to: www.christinasellyoga.com and www.noahmazeyoga.com

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everyone's yoga

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Whole weekend: \$225 / \$195 early (before 6/25); Teacher's session: \$70

For further information and to register, please email info@noahmazeyoga.com