

# Anusara Yoga and Therapeutics with Noah Mazé

**Friday 6 August, 6:00 – 8:30 p.m. Basics Are Not So Basic.** Come ready to rock more than 100 poses from Anusara's Level 1 Syllabus in this up tempo, full of heat yoga practice.

**Saturday 7 August, 9:30 a.m. – 12:30 p.m. Hearts of Courage.** Taking inspiration from the hero Hanuman, we'll explore the principles that allow you to open your body/mind/heart safely and powerfully. Whether you already love backbends, or would like to 'feel the love' in these transformative poses, this workshop is for you.

**Saturday 8 August, 2:30 – 5:00p.m. Yoga of Healing; Therapeutics for Teachers and Students.** Upper Body. *Calling all sore necks and stiff shoulders.* This special session will focus on the therapeutic applications of Yoga to actively relieve pain and repair injuries.

*All levels encouraged, particularly those students/teachers currently dealing with injuries.*

**Sunday 8 August, 9:30a.m. – 12:30 p.m. Step into the Flow of Grace.** Tantric yoga begins in freedom and opening to the good all that is around us. Build strength and cultivate openness in creative vinyasa sequencing, standing poses, backbends and hand balancing. *A lively practice for experienced students.* Be prepared to play hard!

**Sunday 8 August, 2:30 – 5:00 p.m. Yoga of Healing; Therapeutics for Teachers and Students.** This special session will focus on the therapeutic applications of Yoga to actively relieve pain and repair injuries. We will specifically address injuries and misalignments related to the lower back, pelvis, hips, knees, ankles and feet.

*All levels encouraged, particularly those students/teachers currently dealing with injuries.*

For information and to register, please contact Julie Smerdon, 0466 832 181

Shri Yoga [www.shriyoga.com.au](http://www.shriyoga.com.au) [26 Burnett Lane, Brisbane CBD](mailto:info@shriyoga.com.au) [info@shriyoga.com.au](mailto:info@shriyoga.com.au)

**Full weekend price: \$250 before 23 July, \$275 after  
2.5-hour sessions (Fri evening; Sat/Sun afternoon): \$50 each  
3-hour sessions (Sat/Sun morning): \$70 each  
Discounted parking will be available**

Noah Mazé is regarded as one of the most advanced practitioners and teachers of Anusara® Yoga. Widely sought out as a teacher's teacher, Noah brings a special expertise to therapeutics, informed by years of study and practice, as well as an experiential knowledge of the body's innate capacity to heal.

Born into a household of yogis, Noah grew up steeped in the yoga tradition and its practices. In 1995, after a life long study of yoga, Noah encountered John Friend and Anusara® Yoga and was awestruck. Noah maintains an active local, national and international teaching schedule, and lives in Los Angeles with his wife, Tracy and their sweet toddler Madeline.



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