

The Body As Temple: Therapeutic classes

Saturday & Sunday,
August 14th-15th.
10am-12:30pm & 2:30pm-5pm,
Redfern Town Hall.

Noah Maze

Each class will focus on key regions of the body, and the Universal Principles of Alignment that enable us to move into the Optimal Blueprint in every pose. When the body/mind/heart is in the Optimal Blueprint, health and wellness increase, pain and discomfort decrease. Each class will include basic anatomy and physiology, with therapeutic yoga practices to empower you in a deeper knowledge and understanding of the body. We will apply the principles of alignment in exercises and poses from the level I syllabus, to empower you in a well aligned practice that optimizes the temple of the body. Appropriate for all yoga students and yoga teachers, no previous experience of Anusara Yoga is required, and sessions will be customized to serve the needs of the attendees.

Classes:

Saturday 10am-1230 \$70 Upper Body: Shoulder Girdle, Thoracic and Cervical Spine

Saturday 2:30pm-5pm \$70 Upper Body: Elbows, Wrists and Hands

Sunday 10am-12:30pm \$70 Lower Body; Hips, Pelvis, Sacrum and Lumbar Spine

Sunday 2:30 - 5pm \$70 Lower Body; Knees, Ankles and Feet

\$250 early bird \$280 full price

You must pre register with payment to secure a place in this workshop.

Call 0414530776



Noah Mazé is celebrated in the yoga community as one of the most advanced and proficient practitioners and teachers of Anusara® Yoga. Born into a household of yogis, Noah grew up steeped in the yoga tradition and its practices. In the 1990s, Noah worked as an outdoor educator and wilderness guide, helping people access the transformational power of nature. After a life long study of yoga, Noah began studying with John Friend in 1995 and was awestruck. Not long thereafter, he also became a devoted student of Tantric scholar, Dr. Douglas Brooks. Noah was certified to teach Anusara® Yoga in 2002. Widely sought out as a teacher's teacher, Noah is one of only twelve individuals worldwide serving on the Anusara® Yoga Curriculum Committee. He also sits on Anusara® Yoga's Certification Assessment Committee, and has been invited to teach with John Friend at both of Anusara Yoga's "Grand Gatherings." Noah's therapeutic 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.



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