

Myth, Philosophy and Yoga: Hanuman of Five Faces

Saturday & Sunday,
August 21st-22nd.
10am-12:30pm & 2:30pm-5pm.
Redfern Town Hall.

Noah Mazé

Over the weekend, we will immerse ourselves in an exploration of the myth of Panchamukha Anjaneya, Five-Faced Son of Anjani, the South Indian version of Hanuman. Journey progressively and intelligently through the syllabi of poses, advancing your practice of asana, as well as meditation, pranayama, philosophy, and mythic story. Each class will be for all levels, and will progress from basic to intermediate poses as appropriate.

Classes:

Saturday 10-12:30 Varaha- Standing Poses and Backbends \$70:

Varaha tells the story of the Boar, embodied to seek out the truth with the element of Earth. In this session, we will establish a grounding in truth, in a practice of standing poses and hip openers.

Saturday 2:30-5 Garuda-Hip openers, Forward Bends, Twists and Meditation \$70:

Garuda tells the story of the soaring bird, swooping down into the waters to pluck up the serpents and transmute poison into nourishment. We will align with care and progress sequentially to experience the transformational power of backbends.

Sunday 10-12:30 Narasimha-Vinyasa, Standing Poses, Backbends and Arm Balances \$70:

Narasimha tells the story of the man-lion, with the element of fire. We will find the fire of the midline, and align ferocity in service of beauty in standing and arm balance postures.


Sunday 2:30-5 Hayagriva-Inversions, Seated Forward Bends, Hip Openers, Twists, and Meditation \$70:

Hayagriva, the story of the horse, relates to the expanse of an open mind, and the element of space. We will expand consciousness in this session of introspective poses and practices.

\$250 early bird \$280 full

Early bird price before 8/3/2010. You must pre register with payment to secure a place in 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. Noah maintains an active local, national and international teaching schedule. In his limited spare time, he enjoys riding his bike, shopping at the farmer's market and reading obscure yogic texts. Noah lives in Los Angeles with his wife, Tracy, and their sweet toddler, Madeleine, and four rescued four leggeds.