

Gertrude Street



Yoga & Healing



Noah Maze

Anusara Yoga™ workshops with Noah Maze

27th - 29th August 2010

Fri 27th 6:00 -8:30pm Kali; the Yoga of Sweetness - Sun Salutations, Standing Poses and Backbends

Sat 28th 9:30 -12:30pm Saraswati; the Yoga of Intoxication - Inversions, Forward Bends, Hip Openers, Meditation

2:00 -5:00pm Yoga of Healing; Yoga Therapeutics for Teachers & Students - Lower Body

Sun 29th 10:00 - 1:00pm Lakshmi; the Yoga of Beauty - Full spectrum practice

2:30 - 5:30pm Yoga of Healing; Yoga Therapeutics for Teachers & Students - Upper Body

Renowned for his creative & challenging asana practices, deep love of ancient Yogic texts and extensive therapeutic knowledge, Noah Maze brings us a weekend of physical & philosophical inspirations and explorations. Come join us!



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. 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. www.noahmazeyoga.com

\$70 - 3hr sessions, \$60 - 2.5hr session

\$280 - complete workshop or \$250 - earlybird

Bookings: camilla.maling@gmail.com or 0421 916 802

For more information: www.camillamaling.com



Gertrude Street Yoga Studio & Healing Centre 202 Gertrude St, Fitzroy 3065

(03) 9417 7266 gertrudestreetyoga@gmail.com www.gertrudestreetyoga.com.au