

Anusara Yoga® Weekend Workshop

with Noah Mazé
September 3 - 5, 2010
Christchurch, NZ

Heroes & Heroines: Stories & Practices of Yoga

The stories of heroes and heroines provide empowering and visionary allegories of our yogic journey. In these sessions, asana will interweave with myth and teachings to create a rich experience of alignment. We will find ourselves in the stories as we integrate the tales into the narrative of the body and heart on the mat.

Bring an open mind, a willing heart, and be ready to play and work hard, with a desire to bring the great teachings of yoga directly into your life! All sessions will be mixed-level, poses will be taught in stages with intelligent and creative sequencing to empower everyone to their greatest potential.

Friday, September 3

6.00pm - 8.00pm - Full Spectrum Practice

Saturday, September 4

9.30am - 12.00pm Hearts of Courage

Standing Poses & Backbends

2.00pm - 4.30pm Inner Worlds

Hip Openers, Twists, Pranayama & Meditation

Sunday, September 5

9.30am - 12.00pm Step Into the Flow of Grace

Creative Vinyasa, Backbends, Arm Balances

2.00pm - 4.30pm Yoga of Healing

Yoga & Therapeutics (Lower Body) for Students & Teachers

EARLY BIRD PRICE \$250 before August 1st,
\$275 after August 1st.

Info/Registration

Venue: Cashmere Masonic Centre, 5 Dyers Pass Road

Contact: Katie Lane 03 337 6522

www.yogakula.com.nz

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. www.noahmzeyoga.com

