

# Yoga of Krama

## *Basics to Radical Expansion*

### with Darren Rhodes & Noah Mazé

### September 10 - 12, 2010

**Friday, September 10: 12.30pm - 3.30pm** *The Art of Advanced Practice Talk-shop* \$70  
**Creating a shift; using asana to help you grow, change and evolve.** In this "talk-shop" with Darren and Noah, we will converse about the principles of advanced practice, in conversation and contemplation, for use both on and off the mat, as teachers and as students. This session will include practical ideas and exercises for you to advance your asana practice, and help your students to live the yoga teachings. For teachers, students, and anyone who is committed to a yoga practice. Bring your questions, and join the conversation.

**Asana Sessions** will be intermediate, for committed asana practitioners. Participants should be familiar and confident with the poses on the Anusara Level 1 Syllabus, and must be intent on honoring one's boundaries while embracing one's full potential.

**Friday, September 10: 5.00pm - 7.00pm** *Vinyasa as Fluency* \$45  
Weave alignment into awareness and breath to invigorate your fluency.

**Saturday, September 11: 10.00am - 12.30pm** *Take a Stand* \$55  
Standing poses: What do you stand for?

**Saturday, September 11: 2.30pm - 5.00pm** *Art of Flying* \$55  
Hand Balancings: How can you carry the weight of life with more lightness of being?

**Sunday, September 12: 8.00am - 10.30am** *Envision the Extraordinary* \$55  
Backbends: Stoke the fire of your transformation.

**Sunday, September 12: 12.00pm - 2.30pm** *The Seat of the Yogi* \$55  
Seated forward bends, hip openers and twists: Find the seat in your heart.

All Asana Sessions: \$200 early (postmarked by 8/27), \$225 after 8/27

Whole Weekend (including Talk-shop): \$245 early (postmarked by 8/27), \$260 after 8/27

To register, please email [info@noahmazeyoga.com](mailto:info@noahmazeyoga.com)



Darren Rhodes has been the director of YogaOasis studios in Tucson, Arizona for eleven years. He was named one of Yoga Journal's "21 Talented Young Teachers Shaping the Future of Yoga." Darren is featured demonstrating 350 yoga poses in the poster from Tadasana to Savasana. [www.yogaoasis.com](http://www.yogaoasis.com)



Noah Mazé is celebrated in the yoga community as one of the most advanced and proficient practitioners and teachers of Anusara® Yoga and is widely sought out as a teacher's teacher. Noah lives in Los Angeles with his wife, Tracy, and their sweet toddler, Madeleine, and four rescued four leggeds. [www.noahmazeyoga.com](http://www.noahmazeyoga.com)

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