

Anusara Yoga® with Noah Mazé

September 24 - 26, 2010

Friday 6.00pm - 8.30pm: *Fluency in Form (All Levels)*

This vinyasa class will open and strengthen your standing poses and hip openers, and empower your practice with an occasional hand balance. Come ready to move your asana, and bring a towel.

Saturday 10.00am - 12.30pm: *Alignment and Form; lower body (Level I*)*

Clear alignment decreases pain and increases wellness. This workshop will focus on technical alignment, moving you through a range of asanas from the Level I (beginning) syllabus. Beginners and experienced yogis alike will benefit from increased clarity and skill of lower body alignment which will be immediately applicable in your practice. This class is also appropriate for anyone with biomechanical injuries, as it will provide you with tools and modifications for your injuries and "trouble shoot" poses that give you grief. We will also address a variety of musculo-skeletal injuries and misalignments related to the lower back, pelvis, hips, knees, ankles and feet. Come prepared to do your body a great service by learning these special techniques for increasing body awareness in your asana practice and in your life.

2.00pm - 4.30pm: *For the Love of Backbends Part I (Intermediate**)*

Many yoga practitioners are reluctant back-benders, since the stakes are higher and many experience pain in these poses. But backbends are potent and powerful poses that have the capacity to transform us (especially when we practice for love). Whether you already love backbends, or would like to experience the love, do not miss this workshop. We explore how to eliminate pain in backbends, as we sequence progressively and intelligently, into a wide range of these poses. We will approach the poses in stages, modifying them and using props to empower everyone to their greatest heart opening potential. This class will be accessible to a range of practitioner (you should be familiar with Urdhva Dhanurasana (wheel) and be able to balance in Sirsasana I (headstand)).

Sunday 10.00am - 12.30pm: *Alignment and Form; upper body (Level I*)*

Clear alignment decreases pain and increases wellness. This workshop will focus on technical alignment, moving you through a range of asanas from the Level I (beginning) syllabus. Beginners and experienced yogis alike will benefit from increased clarity and skill of lower body alignment, which will be immediately applicable in your practice. This class is also appropriate for anyone with biomechanical injuries, as it will provide you with tools and modifications for your injuries and "trouble shoot" poses that give you grief. We will also address a variety of musculo-skeletal injuries and misalignments related to the upper back, neck, shoulder girdle, elbows, wrists and hands. Come prepared to do your body a great service by learning these special techniques for increasing body awareness in your asana practice and in your life.

2.00pm - 4.30pm: *For the Love of Backbends Part II (Intermediate**)*

Building on all previous sessions, we increase the love by carefully opening the front of the body for a better, deeper and more blissful experience of backbends. This class builds towards and into the "four pillars of backbends"; Urdhva Dhanurasana, Kapotasana, Dwi Pada Viparita Dandasana, and Mandalasana. If you learn and do these poses skillfully, backbends will change both your experience of your body and your experience of the outer world.

\$45 per session / \$55 after 9/1/10

***Beginners track: \$80 / \$100 after 9/1/10 - add Friday pm - \$120 / \$140 after 9/1/10**

****Intermediate/Expansion track: \$80 / \$100 after 9/1/10 - add Friday pm - \$120 / \$140 after 9/1/10**

Any 4 of the 5 sessions: \$160 / \$200 after 9/1/10

Entire workshop: \$180 / \$230 after 9/1/10



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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.noahmazeyoga.com

