

All-Levels Anusara Yoga® Workshop with Noah Mazé January 29 - 31, 2010

Tales of Hanuman, myth and asana

The myth of Hanuman represents our own empowered ability to be of service to all of life and to bridge the deepest aspects of our hearts with the everyday world. Each all-levels yoga workshop will align the body with Universal Principles of Alignment™ in asana, enchant the heart with an uplifting philosophical vision and narrative, and invite the creativity of an open mind.

Special Session, Friday 2.30pm - 5.30pm:
Teaching Mythically: Learn how to integrate more complex mythic narratives into your class themes.

Friday, 6.00pm - 8.30pm
Standing Poses, Twists and Hip Openers

Saturday, 10.00am - 1.00pm
Standing Poses and Backbends

Saturday, 3.00pm - 5.30pm
Meditation, Inversions, Forward Bends

Sunday, 10.00am - 1.00pm
Backbends and Arm Balances

Cost: All-Levels Workshop: \$165 (earlybird \$150)
All-Levels + Teachers Workshop: \$195 (earlybird)
Teachers Intensive: \$55 (earlybird \$50)
Single Sessions: \$45 each

To register, go to: www.butterflyyoga.net
or call Scotta on (601) 594 2313



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Noah Mazé is recognized 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 teachers' teacher. Noah was born into a household of yogis, was raised with the practices and traditions of yoga, and his teaching style is expressive of the depth of his knowledge and lifelong experience in the principles and practices. In addition to studying closely with Anusara Founder John Friend for many years, Noah studies with Professor Douglas Brooks, one of the world's foremost scholars of the Srividya traditions of the Hindu Tantra. Noah has also studied extensively with Richard Freeman in the Ashtanga Vinyasa Yoga tradition. Noah also serves on the Anusara Yoga® Curriculum Development committee, the Anusara Yoga® Certification Assessment committee and is a Yoga Alliance registered yoga teacher. In Noah's classes, yoga philosophy, myths, and stories weave together with asana, pranayama and meditation to create a powerful and transformative environment. Noah lives in Los Angeles, California, with his wife, Tracy, and their baby, Madeleine. www.noahmzeyoga.com

