

Anusara Yoga® Intensive

with Noah Mazé

October 7 - 10, 2010

Day 1 - Thursday, October 7:

9.00am - 12.00pm; **Alignment and Form; lower body**
1.30pm - 4.30pm; **Art of Sequencing**

Day 2 - Friday, October 8:

9.00am - 12.00pm; **Alignment and Form; upper body**
1.30pm - 4.30pm; **Adjustments**

Day 3 - Saturday, October 9:

9.00am - 12.00pm; **Hearts of Courage - Backbends**
1.30pm - 4.30pm; **Yoga Therapeutics; lower body**

Day 4 - Sunday, October 10:

9.00am - 12.00pm; **Art of Flying - Hand Balancings & Inversions**
1.30pm - 4.30pm; **Yoga Therapeutics; upper body**

For bookings, please contact:

Vincent +6012-2683691

Kevin +6017-3635852

or email vincent_yoga@yahoo.com

For more info, please visit www.vincenttamyoga.com

Investment: RM1500 (Earlybird discount: RM1300 before September 10)
Full day: RM375 / Per session RM200

Venue: 70 Lorong Buluh Perindu 4, Taman SA (off Jln Damansara)

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

