

Begin with Intention presents

Anusara Yoga® Weekend Workshop

with Noah Mazé

October 15 - 17, 2010

Friday, October 15:

3.00pm - 6.00pm *Yoga of Krama; a workshop on sequencing, for teachers and dedicated students*
In this practical and engaging "talkshop," we will explore a variety of methods of sequencing, both in teaching classes, and in your own practice. It is all too easy to default to a standard sequence, and limit the growth and creativity. This session will give you many usable tools and ideas to progress as a teacher and as a student on the path of asana. Bring a notebook and your questions from teaching and practice perspectives.

6.30pm - 8.30pm *For the Love of Embodiment; Freedom to Bondage*

Many yogas describe a process of moving from bondage to the attainment of freedom. Tantric yoga begins in freedom, and we exercise our freedom as choice, effectively binding ourselves. We will build strength and opening using steady and creative vinyasa sequencing into bound poses. Standing poses, forward bends, twists and arm balances from all three levels of syllabus will layer to create a practice that celebrates our intrinsic freedom.

Saturday, October 16:

10.00am - 1.00pm *For the Love of Backbends; Part 1*

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.

3.00pm - 6.00pm *For the Love of Beauty; Lotus in Every Direction*

Lotus in Every Direction will open your hips and bring inner beauty into form in a variety and array of deep hip openers, forward bends, twists and inversions.

Sunday, October 17:

11.30am - 2.30pm *For the Love of Backbends; Part II*

Building on Saturday's backbend practice, we will increase the love by working 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.

Cost: All Sessions \$220 by 10/1 (\$235 after 10/1)

Single Sessions 3 hours \$50 / 2 hours \$35

To register, email alicertain@yahoo.com or call (612) 281 7074

www.beginwithintention.com

Location: Clouds in Water Zen Center

308 Prince Street, Suite 120, St Paul MN 55101

(cnr, 4th & Broadway & Prince, Northern Warehouse Building)

www.cloudsinwater.org

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. 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. 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

