

Christina Sell + Noah Mazé



whole weekend
\$150



AN ANUSARA INTENSIVE FOR TEACHERS AND DEDICATED STUDENTS

ENTERING THE HEART OF PRACTICE

October 29-31st 2010

program

At the heart of practice is the Heart itself. In the philosophies that inform Anusara Yoga the Heart is seen as the gateway to the essence of Reality where we are connected to our deepest truths and the deepest truths of the Spirit. Discipline, from this vantage point, is not some imposed ideal nor some outer standard to perfect. Disciplined practice is simply the natural and dedicated expression of the recognition of one's Heart.

This weekend is designed to take you deeper into the very heart of your asana practice through challenging sequences, fun, heart-opening postures and the delight of good company.

schedule

FRIDAY
6-8p

Anchoring Yourself in Your Intention: Hip Opening
all levels \$30

SATURDAY
10a-1p

Opening Your Heart to the Highest: Back bends
all levels \$45

SATURDAY
3-6p

Cultivating the Nectar of Practice:
Inversions, Forward Bends and Twists
intermediate level \$45

SUNDAY
10a-1p

Dedication, Reverence and Devotion:
Backbends and Arm Balances
intermediate/advanced level \$45

Christina Sell is a certified Anusara Yoga teacher and author of the book *Yoga From The Inside Out: Making Peace with your Body Through Yoga*. Certified since 2003, Christina has been practicing yoga since 1991. Her second book, *My Body is a Temple, My Heart is the Shrine: Developing a Life of Practice and a Personal Connection to Grace* is under contract and will be released in Spring 2011. [read more at www.christinasellyoga.com](http://www.christinasellyoga.com)



Noah Mazé is a certified Anusara® Yoga and serves on the Anusara® Yoga Curriculum Committee, the 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. [read more at www.noahmazeyoga.com](http://www.noahmazeyoga.com)



sign up online : www.castlehillfitness.com/online
questions? contact Christina Sell at (512) 665-3743



1112 N Lamar Blvd
Austin, TX 78703