

TOUGH AS NAILS *soft as ghee*

inner body blazing

Radical Expansion

with

Noah Mazé

Christina Sell

Darren Rhodes

YogaOasis

friday
through
sunday

DEC. 31-
JAN. 2

2010—2011



TOUGH AS NAILS *soft as ghee*

Prerequisites: must be able to kick into *handstand* at the wall with ease, push up into *upward facing bow* with straight arms unassisted, hold *headstand* in the middle of the room for 5 minutes, and hold *shoulderstand* for 7 minutes. This intensive is not appropriate for anyone with injuries or illness. All practitioners must be intent on honoring their boundaries while also embracing their full potential.

Noah Mazé is celebrated in the yoga community as one of the most advanced and proficient practitioners and teachers of Anusara® Yoga, and widely sought out as a teacher's teacher. Noah lives in Los Angeles with his wife, Tracy, and their sweet toddler, Madeleine.

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*. Known for her precise teaching style, her passionate presentation and her sense of humor, Christina's classes are challenging fun and inspiring. Her second book, *My Body is a Temple, My Heart is the Shrine* will be released in Spring 2011. She lives in Austin, Texas with her husband, three cats and two retired greyhounds.

Darren Rhodes has been the director of YogaOasis studios in Tucson, Arizona for eleven years. He was named one of Yoga Journal's "21 Talented Young Teachers Shaping the Future of Yoga." Darren is featured demonstrating 350 yoga poses in the poster from Tadasana to Savasana.

Dates:

Friday - Sunday
Dec. 31 - Jan. 2
(2010 to 2011!)

Times:

8:30 a.m. - 11:30
1:30 p.m. - 4:00

Rate:

\$300 before Dec. 11
(\$354 after Dec. 11)

Space is limited,
please pre-register!

Registration & info: www.yogaoasis.com | 520.322.6142 | registration@yogaoasis.com

YogaOasis | central
2631 North Campbell Avenue, Tucson AZ 85719