

Anusara Yoga Workshop

with *Noah Mazé*

March 11 - 13, 2011

Friday, March 11: 5.30pm - 8.00pm *For Love of Backbends (part 1)*

Whether you already love backbends, or would like to experience the love, clear and progressive sequencing and preparation will unlock and empower your practice of these transformational poses.

Saturday, March 12:

9.30am - 12.00 pm *Art of Flying - Hand Balancings*

Power and devotion combine to create buoyancy in these dynamic poses. To empower these poses, we will sequence progressively through core work, standing poses, hip openers, forward bends and twists.

2.30pm - 5.00pm *How to Grow a Lotus - Hip Openers*

The lotus is a rich symbol of beauty and spiritual unfolding. Come and unfold and enfold your legs and hips, and free your lower back, in this deep journey of hip openers.

Sunday, March 13: 10.00am - 12.30pm *For Love of Backbends (part 2)*

There is always more love...and more backbends. Building upon previous sessions, this class will commit us further on the path of love as we align and open body/mind/heart.

Cost: \$40 per session

\$140 for whole weekend (Save \$20!)

Location: Elks Hall, 901 East Second Avenue, Durango, CO 81301

To register, phone (970) 946 4285 or go to www.kimselfyoga.com

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

