

Love is Stronger than Fear

Anusara Yoga® Workshop
with Desiree Rumbaugh & Noah Mazé
April 5 & 6, 2011

Tuesday, April 5:

- 8.30am - 11.00am Love is Stronger Than Fear Part I - Exploring backbends (\$25)
- 2.00pm - 4.30pm Love Starts With You - A strong mixed level potpurri practice (\$25)
- 6.00pm - 7.30pm Align With All That You Are - Deepening forward bends and hip openers (\$20)

Wednesday, April 6:

- 8.30am - 11.00am Love is Stronger Than Fear, Part II -
A deeper exploration of backbends coupled with strong balancing work (\$25)
- 2.00pm - 4.30pm Radical Courage - Enjoy the full spectrum of hand balancings (\$25)

*Whole Workshop: \$80 or see above for individual session prices
To register, go to www.yogaslo.com*



Desiree Rumbaugh and Noah Mazé are internationally acclaimed teachers and practitioners of Anusara® Yoga. Together, Desiree and Noah have over 45 years of yoga practice and teaching experience. With the ability to demonstrate some of the most difficult postures and - even more amazingly - to get students to experience the same sequences, each of these teachers can help awaken and deepen even the most advanced practice. Desiree's sense of humor balanced with a quest for authenticity sets her apart from all others. Noah's teaching is potent and crystal clear.

Desiree and her husband Andrew reside in Arizona during the winters and seek respite from the heat during the summer months in cooler places. Noah lives in Los Angeles with his wife, Tracy, their sweet toddler, Madeleine, and four rescued four leggeds.

For more information, go to www.desireerumbaugh.com and www.noahmazeyoga.com



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