

Anusara Workshop with Noah Maze April 8th, 9th and 10th



Friday 7-9:30pm--How to Grow a Lotus--

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 and forward bends. All levels. Come ready to go deep!

Saturday 10-12:30--For the Love of Backbends (part 1)--

Whether you already love backbends, or would like to experience the love, this clear and progressive class will unlock and empower your practice of these transformational poses. All levels are welcome!

Saturday 2-4:30--Art of Flying--Hand Balancings

Power and devotion combine to create buoyancy in these dynamic poses. We will prepare and sequence to hand balancings through core work, standing poses, hip openers, forward bends and twists. All levels are welcome; come prepared to soar!

Sunday 10-1pm For Love of Backbends (part 2)

There is always more love...and more backbends. Building upon previous sessions, this class will ask a deeper commitment on the path of love as we manifest and enliven these extraordinary poses of deep transformation. Intermediate level; come prepared to work and play hard!



Noah Mazé is one of the most advanced and proficient practitioners and teachers of Anusara® Yoga. Widely sought out as a teacher's teacher, Noah serves on Anusara® Yoga's Curriculum and Certification Assessment Committees. Noah maintains an active local, national and international teaching schedule. Noah lives in Los Angeles with his wife, Tracy, and their sweet toddler, Madeleine, and four rescued four leggeds.

Register and Pay 2 weeks in advance \$150 all sessions
Register and Pay 2 weeks in advance \$45 per session
Regular fees \$50 per session

