

YOSEMITE AREA

YOGA WORKSHOP

**Transformation of the Heart; Backbends
with Noah Mazé**

Internationally acclaimed Certified
teacher & practitioner of Anusara® Yoga.

**Thursday May 26th
6:00 - 8:30 PM \$30.00**

Expect good fun, strong work, technical details, refinements and a passionate call to be at your best. Backbends are potent poses that offer transformation align your body, & prepare to engage and expand your heart in progressive sequencing to empower strength & possibility.

THE OLD MILL STUDIO OAKHURST, CA

**Limited space ~ please sign up early.
theoldmillstudio.com ~ (559)760-0892**

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. A student of yoga for thirty years, and has been teaching yoga for the last fifteen. Noah has worked as an outdoor educator and wilderness guide, helping people access the transformational power of nature. In 1995, after life long study (including extensively with Richard Freeman in the Ashtanga Vinyasa Yoga tradition) Noah became a student of John Friend and was awestruck. Certified to teach Anusara yoga since 2002, he is a widely sought out as a teacher's teacher.