



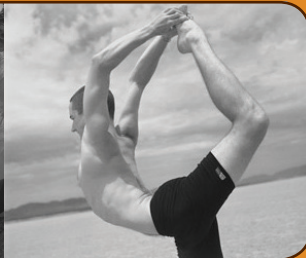
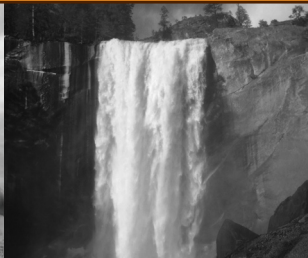
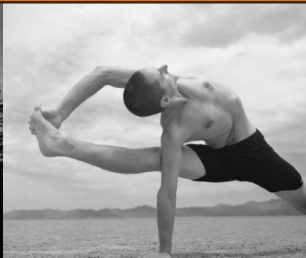
Balanced
Rock

balancedrock.org

Yosemite journeys for mind, body and spirit

(209) 379-wild

Noah Mazé Yosemite Retreat



Anusara® Yoga & Hiking with Noah Mazé and Arin Trook | Memorial Day Weekend | Friday, May 27 - Monday, May 30, 2011 | \$250



Noah Mazé is celebrated in the yoga community as one of the most advanced and proficient practitioners and teachers of Anusara® Yoga. He has also worked as an outdoor educator and guide, helping people access the transformational power of nature.



Arin Trook is the Program Director for Balanced Rock, an international Wilderness guide and outdoor educator, and yoga instructor. With a BA from Stanford and a Masters in Education from UC Berkeley, Arin has been a professional educator for over 15 years.

Noah Mazé Yosemite Retreat: Anusara® Yoga & Hiking with Noah Mazé & Arin Trook

Friday, May 27, 2011

7:00 - 9:30 pm Noah Mazé Yoga Session

Saturday, May 28, 2011

9:00 am - noon Noah Mazé Yoga Session
12:30 - 1:30 pm Catered Group lunch
2:30 - 5:30 pm Yosemite Valley Yoga Hike
7:00 pm Yosemite Valley Kirtan

Sunday, May 29, 2011

9:00 am - noon Noah Mazé Yoga Session
12:30 - 1:30 pm Catered Group Lunch
2:30 - 5:30 pm Yosemite Valley Waterfall Hike

Monday, May 30, 2011

9:00 - 11:00 am Noah Mazé Fundraiser Yoga Session

Cost and Logistics

\$250 for full weekend includes professional instruction and guiding, yoga courses with Noah Mazé, and two catered lunches.

Not included: Accommodations, breakfast & dinners, transportation to and from your hometown to Yosemite, park entrance fees, and personal items.

Email info@balancedrock.org to reserve a spot in a group camping site (\$10/person per night).

Advance course registration required. Space is limited. All levels of yoga and outdoor experience welcome.

Visit www.balancedrock.org or call (209) 379 - wild for more details and to reserve your spot.



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PO Box 102
El Portal, CA 95318

RETURN SERVICE
REQUESTED

