

JUNE 10-12
jai ganesha
with
NOAH MAZÉ



Ganesha, the elephant-headed character, is a common and rich symbol in the yoga tradition. We will consider aspects of Ganesha's symbolism and teachings as we weave these teachings into each asana based session. Expect strong work (all levels), technical details, refinements, and a passionate call to be your highest self.



FULL WEEKEND \$200*
FULL WEEKEND + TEACHER'S SESSION \$230*
SINGLE SESSIONS \$50*

*PLUS HST

FRIDAY, JUNE 10 | 7PM-9:30PM

Yoga of Empowerment: Vinyasa Sequencing of Standing Poses and Hand Balancings

This class will move and groove, as we empower our fluency to align mind/body in the current of the breath.

SATURDAY, JUNE 11 | 10PM-12:30PM

Boundaries and Permissions:

Standing Poses and Heart-Opening Backbends

Ganesha's origin myth inspires this class of strong work in the legs and the deep heart opening of backbends.

SATURDAY, JUNE 11 | 3:30PM TO 5PM

Sweetness and Nectar:

Twists, Forward Bends, Hip Openers

Bliss and Joy are your deepest nature, and yoga helps us to taste more and more of this intrinsic ecstasy of embodiment.

SUNDAY, JUNE 12 | 10PM TO 12:30PM

Author Your Story; Hand Balancings and Backbends

Mythically, Ganesha's broken tusk is used to scribe the great narrative of humanity (Mahabharata). Yoga is how we use parts of ourselves to write our own story. Write the story of your courage and dedication as you access more of your inner and outer strength in this class.

SUNDAY, JUNE 12 | 3:30PM TO 5PM

Twisted Trunk: Inversions, Forward Bends, Meditation, Pranayama

Ganesha's twisted trunk becomes the allegory of kundalini in the subtle body. This class will turn you outside-in and upside-down to follow the pathways of consciousness.

SPECIAL TEACHER'S SESSION

FRIDAY JUNE 10 | 2PM TO 5:30PM

Strategies for Success: Art of Sequencing

For teachers and committed students, this interactive lecture and exercise based session will take your sequencing (of your classes and your practice) to new levels of creativity and efficacy.



kulaannex

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please call 416 922 5852 to register in advance | mykula.ca