

# Anusara Yoga® Immersion

with Noah Mazé

July 6 - 10 Immersion Part I

August 24 - 28 Immersion Part II

October 26 - 30 Immersion Part III

The purpose of the Immersion is to educate you and further your journey of Anusara Yoga (Asana, Philosophy, Pranayama, Meditation). The Immersion will promote exponential progress in your practice and on your life path. Take this time to envision your deepest longings, and gain practical tools and methods to embody your highest aspirations. Take the leap into this transformational yoga! Along the way, you will meet friends who share in the desire to live courageously from the heart. If not now, when?

This 100-hour program is typically taught in three progressive "parts", and follows Anusara Founder John Friend's curriculum. The Immersion is for anyone who wishes to pursue a deeper experience of yoga, as well as anyone interested in teaching (the Immersion is a prerequisite for the Anusara Yoga Teacher Training).

Each part will progress upon all previous material, and students can expect to receive approximately:

- \* 18 hours asana practice and methodology including all poses on Level I and II Syllabi
- \* 10 hours yoga philosophy (Tantra, Yogasutra of Patanjali, Bhagavad Gita etc)
- \* 3 hours pranayama and meditation
- \* 2 hours experiential anatomy and physiology
- \* 1 hour journaling, contemplation and sharing

Required reading; *Anusara Yoga Immersion Manual*, *Anusara Teacher Training Manual* and *Poised for Grace* (Bhagavad Gita Study Guide).

**\$1500 Early Bird Special for all three modules (paid in full by June 29)**

**\$650 per module / \$600 Early Bird Special (available 14 days prior to module commencement)**



**To register, phone (928) 774 9010 or email [info@theyogaexperience.com](mailto:info@theyogaexperience.com)**

**17 N. San Francisco Street, Suite 3C, Flagstaff, AZ 86001**

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. In the 1990s, Noah worked as an outdoor educator and wilderness guide, helping people access the transformational power of nature. After a life long study of yoga, Noah began studying with John Friend in 1995 and was awestruck. Not long thereafter, he also became a devoted student of Tantric scholar, Dr. Douglas Brooks. Noah was certified to teach Anusara® Yoga in 2002. Widely sought out as a teacher's teacher, Noah is one of only twelve individuals worldwide serving on the Anusara® Yoga Curriculum Committee. He also sits on Anusara® Yoga's Certification Assessment Committee, and has been invited to teach with John Friend at both of Anusara Yoga's "Grand Gatherings." Noah's therapeutic teaching is informed by years of anatomical study, successful practice with rehabilitating injured students and his experiential knowledge of the body and its innate healing capacity. Noah maintains an active local, national and international teaching schedule. In his limited spare time, he enjoys riding his bike, shopping at the farmer's market and reading obscure yogic texts. Noah lives in Los Angeles with his wife, Tracy, and their sweet toddler, Madeleine, and four rescued four leggeds.



[www.noahmazeyoga.com](http://www.noahmazeyoga.com)