

mandala www.mandalayogabend.com
yoga community in the heart of bend

ANUSARA YOGA with Noah Mazé

FOR THE LOVE OF YOGA

A dynamic exploration of the basic principles of Anusara Yoga applied to a full spectrum of asana. Delight in strong work in fundamental poses designed to strengthen & stretch and re-inspire your love of asana practice. **5:30-7:00pm**

OUTSIDE IN

Go deeply into forward bends and hip openers. Progressive sequencing will open your legs, hips and spine and tap the deep calming tranquility that this practice offers. **7:30-9:00pm**

Tuesday Aug 2

cost: \$25 per session or \$40 for both

*save 10% if you book by July 15

*space is at the premium so sign up early!



Noah Mazé is celebrated in the yoga community as one of the most advanced and proficient practitioners and teachers of Anusara® Yoga. 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. 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.

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Mandala Yoga Bend



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