

# NOAH MAZÉ

## A WEEKEND OF YOGA RASA

Throughout each asana based session, we will explore and experience teachings of Yoga Rasa. Rasa = emotion, experience, feeling, taste, flow, liquid or essence. Tradition gives us 9 Rasas, as the palette of human experience, and the Shakta (Goddess) lineages of tantric insight propose that the goal of life is to savor and celebrate and optimize these experiences. Come prepared to work and play hard; body, mind and heart.

### FRIDAY AUGUST 5TH 1:30-3:30PM @ THE CENTRE FOR PEACE:

Passionate and Peaceful: Standing Poses, Hip Openers and Forward Bends

### FRIDAY AUGUST 5TH 6:00-9:00PM @ INNER SPACE YOGA

(space is limited to first 30 students registered for the full weekend):

Ferocity: Backbends--Intermediate/Advanced

### SATURDAY AUGUST 6TH 9:30-12:30PM @ THE CENTRE FOR PEACE:

Compassion: Hand Balancings

### SATURDAY AUGUST 6TH 2:30-5:30PM @ THE CENTRE FOR PEACE:

Wonder: Hip Openers, Twists, Forward Bends, Inversions, Meditation

### SUNDAY AUGUST 7TH 2:00-5:00 @ THE CENTRE FOR PEACE:

Courage: Backbends--Mixed Level



**ABOUT THE TEACHER:** 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.

COST: \$205 + HST for all 5 sessions

(first 30 registrants can attend a private Advanced Practice at Inner Space)

\$185 + HST for The Centre for Peace sessions

\$55 + HST per individual Centre for Peace session.

Register online at [www.innerspaceyoga.ca](http://www.innerspaceyoga.ca) or by calling 604-689-1331

**ALL SESSIONS (EXCEPT FRIDAY 6:00PM ADVANCED)**

**HELD AT:**

The Centre For Peace - 1825 West 16th Avenue, Vancouver