



Anusara Yoga Public Workshop

with Noah Mazé

Monday 12th September 2011
6:30 - 8:30pm

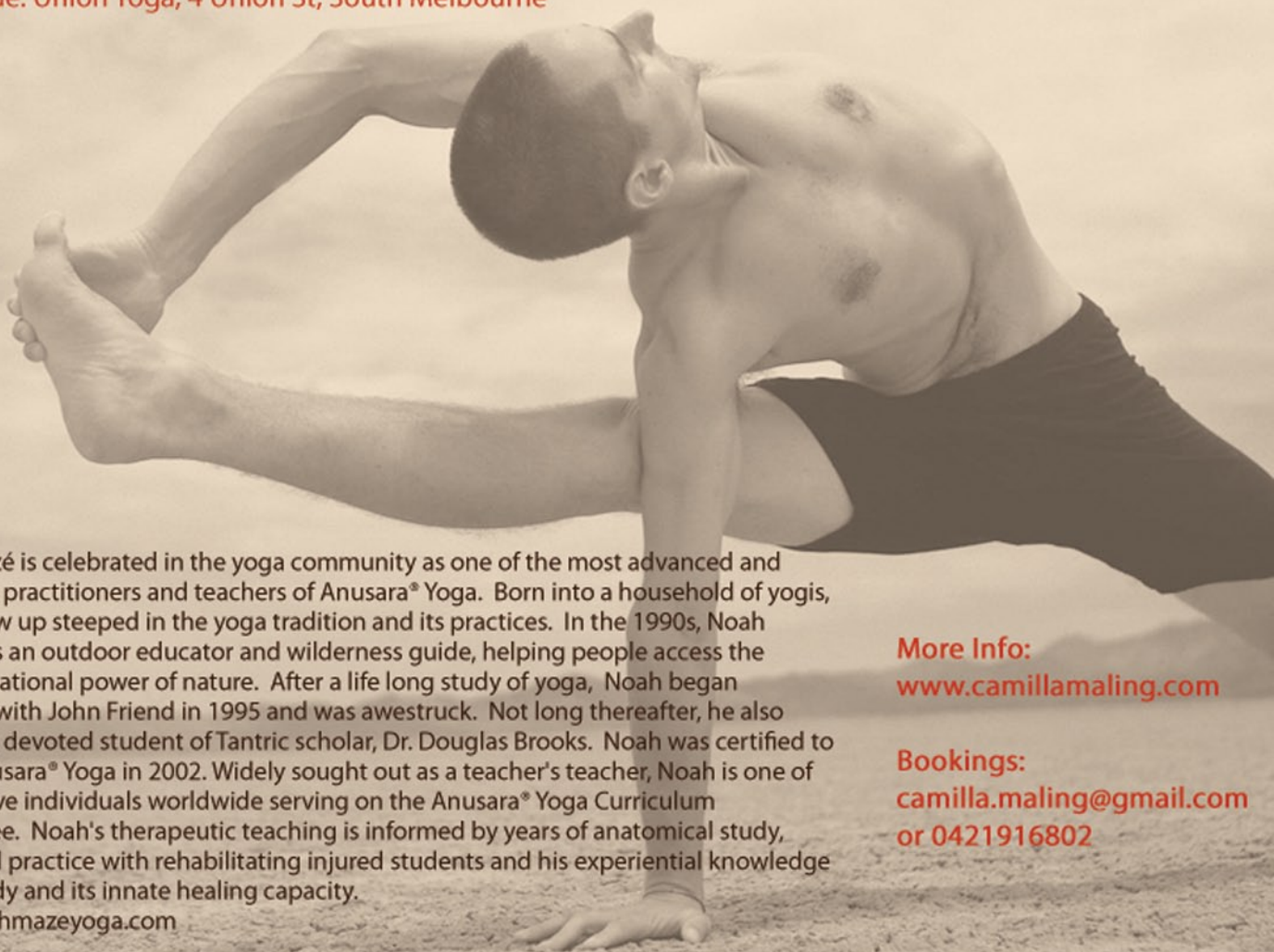


The Power of Kula - full spectrum practice

Nothing exists in isolation. We and everything around us is interconnected. Join us in exploring how we deepen our relationship with ourselves through nurturing our community (kula) within and without. Community is about cultivating mutual understanding and support in the company of truth. Reveal your truth, as we honour that which is dearest to us.

Cost: \$45

Venue: Union Yoga, 4 Union St, South Melbourne



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. 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.

www.noahmazeyoga.com

More Info:
www.camillamaling.com

Bookings:
camilla.maling@gmail.com
or 0421916802