

3 Day Practice Intensive

with Noah Mazé



Eye of The Tiger

A series of advanced led practices

Heat forge your commitment to practice to new levels over three days of focused practice in a group setting. Noah will systematically lead practice with poses from every category of asana.

Tuesday and Thursday will have a strong backbend emphasis, Wednesday will have a deep hips/twists/forward bend emphasis.

*Pre-requisites: *This will be a led practice, not a class or workshop, so knowledge of the poses is necessary. Students should be comfortable in 5 minute headstand and shoulderstand, a wide variety of hand balancings and back bending postures. You should be able to work at your edge with intelligence, and honor your limitations while maintaining positive self regard.*

Nov 15, 16, 17 2011
12-4pm each day

\$150 for entire series \$65 per day if paid in full before 11/15

or \$165 for entire series \$85 per day if paid after.



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