

Immersion 1 (34 hours) With Noah Mazē December 06 – 10, 2011

Do you want to take your yoga practice deeper ? Do you want to know more about Anusara Yoga® and how it can lead to the fullness of your potential? Join Noah in this intimate and intensive-style course, and immerse yourself in the good company of a celebrated teacher, the community of the heart, and a powerful, nourishing yoga. This course is open to everyone and will be taught in a progressive way to accommodate all levels of practitioner. Familiarity of Anusara Yoga® is recommended. Over these 4 days, we will delve into and unpack the principles and practices of Anusara Yoga®. From the philosophy that forms Anusara, to the clear understanding application of the Universal Principles of Alignment™, to all poses on the Level 1 Syllabus of Asana, you will engage and explore every level of your being.



In addition to the principles and practices of Asana (posture), Pranayama and Meditation, we will study the history of the Yoga Tradition, particularly the Tantric philosophies that inform Anusara Yoga® (key terms and concepts and practices), including Yamas and Niyamas of Pantanjali's Ashtanga Yoga. This fulfills Part 1 of John Friend's 108 hour immersion curriculum, and is the corner stone for the other immersion phases as well as a pre-requisite for anyone wishing to take an Anusara Yoga® Teacher Training.

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, their sweet toddler, Madeleine, and four rescued four leggeds.



CARIN



RUMAH YOGA, BALET, SENAM

Workshop December 06 at 10.00 – 13.00

Immersion Schedule : December 06 at 15.00 – 19.00, December 07 – 10 at 09.00 – 13.00 / 15.00 – 18.30

Workshop Price : USD 40 – USD 55, Immersion Price : USD 595 (Early Birds), USD 650 (Normal), Special Price For Group

Register Early, Space Limited ! Get early bird before November 07,2011

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