

Triadic Heart of the Goddess: Kali, Saraswati and Lakshmi

Three Day Anusara Yoga Intensive with Noah Maze

December 11-13, 2011

Day 1 -- Kali; Primal Power and Transformation

Day 2 -- Saraswati; Intelligence and Light

Day 3 -- Lakshmi; Beauty and Refinement

In this three day asana based intensive, we will unfold and refine the principles of Anusara Yoga in progressive asana sequences to expand and refine your practice. We will draw teachings and inspiration from the archetypes of these three Goddesses into our bodies, minds and hearts. In each session, expect strong work in the fundamentals, refinements, details, progressive sequencing and a passionate call to be your best. The mornings will feature energetic sequences of vinyasa, standing poses, hand balancings and backbends. Afternoons will feature sequences to take you deep into forward bends, hip openers, twists, inversions, pranayama and meditation. Each session will build upon the previous sessions, and you are strongly encouraged to sign up for all three days to get the maximum boost to your practice.

This will be a strong All Levels intensive, with stages to accommodate everyone. Students should be comfortable kicking up to handstand at the wall without help, holding headstand and shoulderstand in the middle of the room with good alignment, and pushing up to urdhva dhanurasana with straight arms. Come ready to work and play hard!

Investment:
RM1150 (Early bird discount: RM1000 before August 30)

Venue: 70 Lorong Buluh Perindu 4, Taman SA (off Jln Damansara)

To register, please contact:

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For more info, please visit www.vincenttamyoga.com

For more info on Noah Maze please visit www.noahmazeyoga.com



Noah Maze is recognized in the yoga community as one of the most advanced and proficient practitioners and teachers of Anusara Yoga, and is widely sought out as a teacher's teacher. Noah was born into a household of yogis, was raised with the practices and tradition of yoga, and his teaching style is expressive of the depth of his knowledge and lifelong experience in the principles and practices. In addition to studying closely with Anusara Founder John Friend for many years, Noah studies with Professor Douglas Brooks, one of the world's foremost scholars of the Srividya traditions of the Hindu Tantra. Noah has also studied extensively with Ricard Freeman in the Ashtanga Vinyasa Yoga tradition. Noah also serves on the Anusara Yoga Curriculum Development committee, the Anusara Yoga Certification Assessment committee and is a Yoga Alliance registered yoga teacher. In Noah's classes, yoga philosophy, myths, and stories weave together with asana, pranayama and meditation to create a powerful and transformative environment. Noah lives in Los Angeles, California, with his wife and their new baby, Madeleine.