

# ANUSARA YOGA® IMMERSION

with  
NOAH MAZÉ

ROME - January, 18-22, 2012

- Section I -

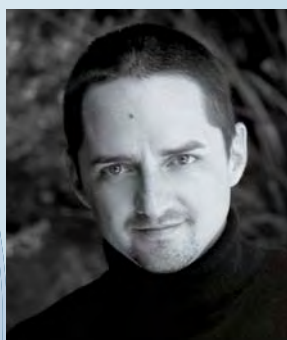
Fonderia 900 | Via Assisi 33 | 9.00 - 18.00

Do you want to take your 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 5 days, we will delve into and unpack the principles and practices of Anusara Yoga, to clear understanding the 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.

Noah Mazè 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 1990's, 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 the 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 legged.



## PRICES AND BOOKING

Reservations before December 1<sup>st</sup>, 2011:

- 400€ for each part if you take the all three parts (1200€ totally)
- 475€ for the first part

Reservations after January 1<sup>st</sup>, 2012:

- 450€ for all the three sections
- 525€ for the first section

A deposit is required for reservation

## INFORMATION AND BOOKING

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