

# ANUSARA YOGA

WITH

# NOAH MAZE

January 27-29th, 2012



***Super Yogi Special!***

***Entire Weekend \$200!***

## **A weekend of yoga and myth with Noah Mazé**

The stories of heroes and heroines provide empowering and visionary allegories of our yogic journey. In these sessions, asana will interweave with myth and teachings to create a rich experience of alignment. Each session will be asana based AND will explore tales from Mahabharata, Ramayana and other sources. We will find ourselves in the stories as we integrate the tales into the narrative of the body and heart on the mat. Bring an open mind, a willing heart, and be ready to play and work hard, with a desire to bring the great teachings of yoga directly into your life. All sessions will be mixed-level, poses will be taught in stages with intelligent and creative sequencing to empower everyone to their greatest potential.

### **Friday 6-8pm--In the Current**

This class of vinyasa sequencing of standing poses, hand balancings and hip openers will challenge and invigorate you. **\$40/\$35 early bird**

### **Saturday 10-1pm--Courageous Hearts**

Invoke your inner hero/heroine in this strong class of standing poses progressing into backbends **\$55/\$50 early bird**

### **Saturday 3-6pm--Recognition**

Prepare for flight with progressive sequences of hip openers, forward bends and core work to launch you into hand balancings **\$55/\$50 early bird**

### **Sunday 9-12pm--Ferocious Love**

Strong work in standing poses will prepare your legs and spine for deepening backbends. **\$55/\$50 early bird**

### **Sunday 1-4pm--Reflection**

This session of inversions, forward bends and meditation will balance the 'hard work' of the other sessions and leave you feeling deeply grounded. **\$55/\$50 early bird**