



# Anusara Yoga Therapeutics Training

## with Noah Mazé

Good therapeutics training is simply (and profoundly) good alignment, balanced action, and an uplifting attitude. Come and learn how to apply the principles of Anusara Yoga in therapeutic situations with respect to your own therapeutic needs and the needs of others. This will be a practical and experiential workshop appropriate for yoga teachers and students alike. Saturday will be dedicated to principles applicable to the upper body; Sunday will be dedicated to principles applicable to the lower body. Experience and knowledge of Anusara Yoga is recommended but not required.

### **Saturday, October 13th**

**12:30-5:30 pm: Upper Body**

In this session we will cover: mid and upper back, neck and head, shoulders, elbows and wrists.

### **Sunday, October 14th**

**12:30-5:30 pm: Lower Body**

In this session we will cover: feet, ankles, knees, hips and lower back.

**Price: \$140 before 10/7/07;  
\$150 after or \$80 per day**



*Noah Mazé is a certified Anusara Yoga Teacher. Noah's teaching style is uplifting and energetic, expressing his love of yoga and the sophistication of the principles and philosophy of Anusara Yoga. His teaching empowers students to connect to the greatness and beauty that lie within, and Noah's students consistently soar to new levels. Noah is one of the most highly regarded practitioners and teachers of Anusara Yoga, and is a lifelong student of the yoga tradition, and studies extensively with Anusara Founder John Friend and Dr. Douglas Brooks.*