



Anusara Yoga Intensive with Noah Mazé

Flagstaff, Arizona
July 27-29

Hanuman's story is lush, from the monkey child who leapt towards the sun thinking it a glowing mango, to the devoted adult's leap across the ocean of consciousness. Hanuman represents the powers of yogic attainment (ashta-siddhi) in service to life. He is the son of the wind who sits firmly in the heart, a bridge builder, fluent with graceful strength, and a changeling who can become whatever form is necessary for the fulfillment of yoga. Hanuman represents our own empowered ability to bridge the deepest aspects of our hearts with the everyday world.

Friday July 27

The Kilted Cat 2640 West Kiltie Lane

Saturday & Sunday July 28 & 29

Ashurst Auditorium (Northern Arizona University, next to Old Main)

9am-12pm & 2pm-5pm Daily

Early registration by July 13th \$270

Late registration after July 13th \$300

For Intermediate/advanced Anusara Yoga® students. This three day intensive will fully explore the teachings of Hanuman. Noah will lead us through myths, philosophy, asana, pranayama, and meditation. The mornings will be up-tempo, the afternoons deep and contemplative. Poses will be from the level II syllabus. You must have a strong knowledge of Anusara Yoga®'s Universal Principles of Alignment, be able to do headstand, urdhva dhanurasana with straight arms, and kick up into handstand at the wall unassisted.

Space is limited. To register and reserve a space, please send in a check to The Yoga Experience or call us with your Visa or Master Card information.



The Yoga Experience

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