

# Yoga

with guest instructor  
**Noah Mazé**

## "Lower Body Alignment Essentials"

Monday, December 17, 4:00-5:45pm

All Levels

## "Upper Body Alignment Essentials"

Tuesday, December 18, 4:00-5:45pm

All Levels

## "Fluency in Motion: putting it all together"

Wednesday, December 19, 10:00-11:45am

All Levels

## "Backbends to Engage the Heart"

Wednesday, December 19, 4:00-5:45pm

Intermediate Level

## "More Fluency in Motion"

Thursday, December 20, 10:00-11:45am

All Levels

## "Balancing Poses to Challenge the Mind"

Thursday, December 20, 4:00-5:45pm

Intermediate Level

## "The Ecstatic Dance of Consciousness"

Friday, December 21, 10:00-11:45am

All Levels

## Therapeutic Yoga Consult: 75 min, \$200

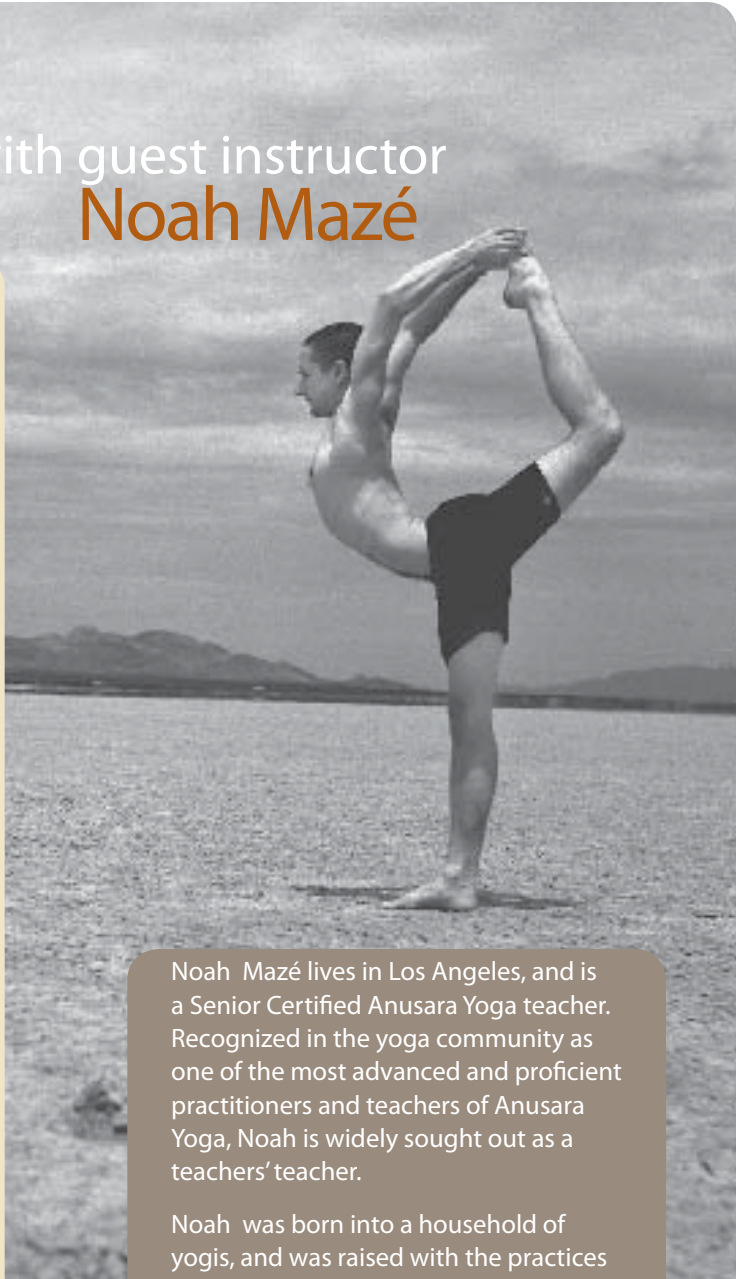
Schedule through Guest Services

Optimal alignment and action in yoga postures can have powerful therapeutic healing for a variety of biomechanical injuries and conditions. Each session will be catered exactly to your specific needs.

## Individual Yoga Consult: 75 min, \$200

Schedule through Guest Services

Work one-on-one to fine tune your yoga practice with an experienced and masterful teacher. Catered to your interests, needs and questions, this is a unique opportunity to gain deeper insight and empowerment into your practice.



Noah Mazé lives in Los Angeles, and is a Senior Certified Anusara Yoga teacher. Recognized in the yoga community as one of the most advanced and proficient practitioners and teachers of Anusara Yoga, Noah is widely sought out as a teachers' teacher.

Noah was born into a household of yogis, and was raised with the practices and traditions of yoga. 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 Richard Freeman in the Ashtanga Vinyasa Yoga tradition.

Noah's teaching style is uplifting, energetic, and expressive of the depth of his knowledge and life long experience in the principles and practices of yoga. In Noah's classes, yoga philosophy, myths, and stories weave together with asana, pranayama and meditation to create a powerful and transformative environment.