

**ANUSARA YOGA IS A UNIQUE METHOD OF HATHA YOGA THAT
INTEGRATES BIOMECHANICAL PRINCIPLES OF ALIGNMENT WITH
THE CELEBRATION OF THE HEART AND SPIRIT.**



**The San Marcos School of Yoga
is pleased to present:
ANUSARA YOGA WORKSHOP
with Noah Maze
December 7-9, 2007**

Dec.7	7-9	All Levels Asana	\$30
Dec.8	9-12	All Levels Asana	\$45
Dec.8	2-5	Yoga Therapy Training	\$45
Dec. 9	9-12	All Levels Asana	\$45
Dec. 9	2-5	Yoga Therapy Training	\$45

Entire workshop \$200 if paid before Nov.1, 2007.

Space is limited. Please register early.

**Please Contact Christina Sell for information and registration at
512-754-9116 or visit her online at www.christinasell.com**

**The San Marcos School of Yoga is located at
400 Centre Street San Marcos, Texas.**

Noah is a certified Anusara Yoga Instructor. His teaching style is uplifting, energetic and expresses the depths of his yogic knowledge and experience. Known for his proficiency in practice and his clarity as a teacher, Noah's classes blend myth, metaphor, asana, pranayama and meditation to create a transformational environment in which his students consistently soar to new levels.

Visit him online at www.noahmaze.com.

