

Anusara Yoga® with Noah Mazé

February 29 - March 2, 2008

Friday 5.30pm - 8.30pm *How to Grow a Lotus*

Hip openers, forward bends and twists that will open your legs and hips and unfold your inner consciousness. A lotus is a symbol of wealth, beauty and abundance; all qualities of Shri that reflect outwardly as we deepen inwardly.

Saturday 10am - 1pm *Obstacles and Relationships*

Navigating obstacles and creating meaningful relationships are crucial aspects of Anusara Yoga®. Ganesha, the elephant headed son of Shiva and Parvati, will be our inspiration in a full spectrum practice.

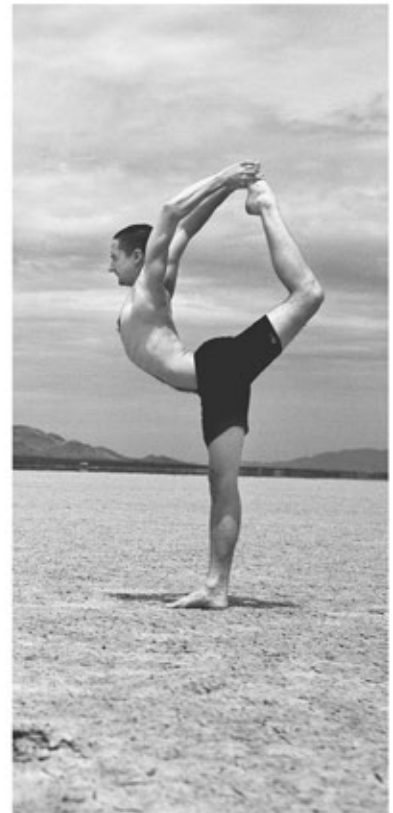
Saturday 2.30pm - 5.30pm

A Workshop for Teachers: Observation and Adjustments

Refine your eye, refine your touch in this experiential and practical workshop.

Sunday 10pm - 1pm *Traverse the Midline*

A wild variety of balancing postures will be explored as we cultivate the flexible strength needed to dance between opposites as the midline itself. This practice will be inspired by myths and teachings of Hanuman, who represents the powers of yogic attainment (ashta-siddhi) in service to life



Noah Mazé lives in Los Angeles. He is recognized in the yoga community as one of the most advanced and proficient practitioners and teachers of Anusara Yoga® and is widely sought out as a teacher's teacher. Born into a household of yogis, Noah was raised with the practices and traditions of yoga. His 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. Noah's students consistently soar to new levels.

www.noahmazeyoga.com

Cost:

\$50 per 3 hour session

\$140 entire weekend (\$180 w/Teachers Workshop)

Main Street Yoga, 20 W. Main, Spokane, Washington * www.mainstreetyoga.com

Space is limited. Please register early! Call (509) 869 0817