

N O A H M A Z É Y O G A P R E S E N T S

Anusara Workshops & Advanced Teacher Training

Join Noah at Yogakula in Berkeley for two weekends of Advanced Teacher Training and Mixed-Level Workshops. Come for one or come for all! These advanced teacher training sessions will be experiential and dynamic, and personally oriented to each attendee, to advance you on your individual yogic and teaching path. If you want to become a better teacher, leader, or healer, these sessions are for you!

Advanced Teacher Training, May 5-6, 2-6pm Saturday and Sunday

Advancing the Conversation; theme weaving and language refinement

We will explore the art of teaching, the cultivation of themes, the refinement of weaving skills, and the myriad of ways that our language can inspire and uplift our students to new heights. Take your ability to use themes and artful instruction to the next level!

Advanced Teacher Training, June 16-17, 2-6pm Saturday and Sunday

In the Thick of It; observation, application, and visionary sequencing

We will re-visit, and expand the repertoire of physical adjustments, therapeutic applications, and refine the eye in observation exercises. We will explore different realms of sequencing that will lead to greater breadth of your teaching, as well as to your students' advancement in their practice.

You are strongly encouraged to attend both weekends, but may attend just one. Level I TT is pre-req

Fees: \$290 for all Teacher Training Sessions 7 days in adv/\$300 thereafter, or \$80/session.

Mixed Levels Workshops:

Saturday, May 5 11-1pm ***“How to Grow a Lotus”*** -hip openers...

Sunday, May 6 11-1pm ***“Hearts of Courage”*** -backbends...

Sat June 16 11-1pm ***“Turn the World Upside-Down and Outside-In”***-inversions..

Sunday, June 17 11-1pm ***“Flying Lessons”*** -arm balances...

Fees: all 4 sessions \$160 7 days in adv/\$170 thereafter, \$45/session. All workshops and Advanced Teacher Training \$425

For more information and registration, go to www.yogakula.com, or call 510-486-0264. Email Noah with any questions; noah@noahmazeyoga.com

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