

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

# Anusara Workshops

*Join Noah at Yogakula in Berkeley for two weekends of Mixed-Level Workshops.  
Come for one or come for all!*

## Saturday May 5, 11-1pm "How to Grow a Lotus"

*Hip openers, forward bends, and twists that will open your legs and hips, and unfold your inner consciousness.*

## Sunday May, 6 11-1pm "Hearts of Courage"

*It takes great strength and courage to engage and open one's heart; backbends to turn you inside-out, and give expression to the innermost heart.*

## Sat June 16, 11-1pm "Turn the World Upside-Down and Outside-In"

*Inversions (headstand, shoulderstand etc), meditation, and pranayama, encourage a reflective and mindful consciousness as the normally out-flowing senses turn in to the deepest intentions of the heart.*

## Sunday, June 17, 11-1pm "Flying Lessons"

*Explore and expand your boundaries in a dynamic practice of arm balances. This class will include preparatory stages of the postures appropriate for mixed levels.*

**Fees:** all 4 sessions \$160 7 days in adv/\$170 thereafter, \$45/session.

**For more information and registration, go to [www.yogakula.com](http://www.yogakula.com), or call 510-486-0264. Email Noah with any questions; [noah@noahmazeyoga.com](mailto:noah@noahmazeyoga.com)**

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