

# Anusara Weekend



with Noah Mazé

Noah Mazé 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 teachers' teacher. Noah was born into a household of yogis, and was raised with the practices and traditions of yoga. 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. Noah's students consistently soar to new levels.

**November 30th – December 2nd**

**Friday, November 30th  
1:30-4:30pm**

## **Artistic Sequencing to expand your repertoire**

Three Hour Teacher's Session:  
In this engaging workshop for teachers, we will explore sequencing for a variety of intentions and purposes:

- sequencing for thematic and/or energetic purposes
- sequencing for beginners
- sequencing to achieve advanced poses
- sequencing for specific alignment/therapeutic needs

**\$55**

**Saturday, December 1st  
1:00-4:00pm**

## **Beginnings, Obstacles, & Relationships**

Three Hour Mixed Level Workshop:  
Beginnings and obstacles, transitions and thresholds, the creation of meaningful relationships are all crucial aspects of a Tantric (Anusara) Yoga. Ganapati, the elephant headed God, son of Siva and Parvati, will be our inspiration as we explore and practice teachings in a full spectrum of postures, pranayamas, and meditations.

**\$55**

**Sunday, December 2nd  
1:00-4:00pm**

## **Surf the Midline: Hip Openers, Twists and Balancings**

Three Hour Mixed Level Workshop:  
The midline (madhya in Sanskrit) is the central axis of your being, and is considered in many traditions to be a metaphor for your spiritual journey. This playful sequence of poses and practices will increase your midline awareness on every level--physical, mental and emotional.

**\$55**

**Weekend Rate \$150**

*The Yoga Center*  
*Anusara Studio & Boutique*