

Level 2 Teacher Training

with Noah Mazé

July 30 - August 2, 2009

Join one of Anusara® Yoga's celebrated teachers and trainers for a training that will take your teaching to the next level! Over 30 hours, Noah will help you to refine and evolve every aspect of your teaching, including languaging, sequencing for beginners to advanced, heart based theming, observation and adjustments, and therapeutics.

You will receive ample individual attention and exercises will be customized to help YOU evolve YOUR teaching.

Thursday, July 30 and Friday, July 31

8.00am - 11.30am and 1.30pm - 5.00pm

Saturday, August 1 and Sunday, August 2

9.00am - 1.00pm and 3.00pm - 7.00pm

Cost: \$450 (or \$400 before 7/15)

**Contact Scotta on (601) 594 2313 or
email scotta@butterflyyoga.net**



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, was raised with the practices and traditions of yoga, and his teaching style is expressive of the depth of his knowledge and lifelong experience in the principles and practices.

In addition to studying closely with Anusara Founder John Friend for many years, Noah studies with Professor Douglas Brooks, one of the world's foremost scholars of the Srividya traditions of the Hindu Tantra. Noah has also studied extensively with Richard Freeman in the Ashtanga Vinyasa Yoga tradition. Noah also serves on the Anusara Yoga® Curriculum Development committee, the Anusara Yoga® Certification Assessment committee and is a Yoga Alliance registered yoga teacher.

In Noah's classes, yoga philosophy, myths, and stories weave together with asana, pranayama and meditation to create a powerful and transformative environment.

Noah lives in Los Angeles with his wife, Tracy, and their new baby, Madeleine.

www.noahmazeyoga.com

