

ANATOMY & YOGA INTENSIVE WORKSHOP

with Noah Mazé



**Thursday – Sunday,
30th Nov – 3rd Dec 2017**

**9 - 10:30am Lecture,
10:45 - 1:15pm Yoga Workshop
2:30 - 4:30pm Teachers Workshop**

This intensive is designed for yoga teachers and committed yoga students who wish to learn more about their bodies and experience greater skill and alignment in yoga poses. Each day has three parts: (1) 90 minute anatomy and kinesiology of a body region lecture + experience (2) two and a half hour asana workshop to apply and embody the anatomy and kinesiology focus in yoga poses (3) and a 120 minute teachers workshop to integrate anatomical knowledge into sequencing and teaching pedagogy.

Asanatomy: The Wonder of Your Body

These anatomical-based sessions and workshops take you on an educational and experiential journey of body-mind-heart and will teach you more about your body and yoga poses than you ever knew before. Each day details out a specific anatomical body region through lecture, experiential learning, asana workshops and teacher workshops and makes the download of information clear, understandable and applicable. You will learn a ton as you activate specific actions and muscles/muscle groups in progressive and creative sequencing of movement patterns and yoga poses. The goal is for each participant to learn more about the wonder of their body, to gain greater skill in their body, to optimize stability and mobility in yoga poses, and to gain new skills to effectively sequence and teach anatomically based yoga classes. Come ready to wake up your whole being! Turn all the lights on; how awake, how alive, how aware can you be in your body? Expect clear and detailed instruction, anatomical specificity, progressive sequencing, and the specific use of use of props and prop drills. If you want to learn more about yoga poses and your body, these classes are for you— welcome to yoga school!

Thursday, 30th November 2017 SPINE

In this full spectrum practice, you will learn about the anatomy and kinesiology of your spine and how to create optimal stability in asanas that include neutral spine, flexion, extension, laterally flexion and rotation of your spine. In particular, we will focus on core strengthening and arm balances and how to safely and effectively open the spine for back bending postures.

Friday, 1st December 2017 PELVIS and HIP

Got hip openers? Learn how to stabilize your pelvis and hips in asymmetrical poses of great flexibility such as Hanumanasana (Front Splits) and externally rotated poses like Padmasana (Lotus Pose).

Saturday, 2nd December 2017 KNEE, ANKLE and FOOT

This foot and lower leg focused class will awaken your lower extremities and shine the light of awareness into muscles and movements of your feet that we too often take for granted. Expect plenty of standing poses and as you occupy your feet!

Sunday, 3rd December 2017 SHOULDER, ELBOW, WRIST and HAND

Spread your wings as you learn about the structures that comprise your upper extremity. Strengthen your shoulder stabilizing muscles (rotator cuff, scapula stabilizers), arms and hands as you explore and expand your range of motion in a full spectrum asana practice including Adho Mukha Vrksasana (Handstand Pose) and Vashistasana (Side Plank Pose).



Noah Mazé's fierce and compassionate dedication to yoga inspires and holds space for students to journey deeper into body, heart, mind, and spirit than they ever could have imagined. Noah is recognized around the world as an accomplished teacher of yoga teachers, and among the most advanced of yoga practitioners.

Noah is the founder of YOGAMAZÉ, with headquarters in Los Angeles. He is ever formulating and evolving a meaningful yoga curriculum to serve yoga students and teachers worldwide as he circles the globe offering classes, workshops, and intensives. Known for his clarity, study with Noah presents students with powerful opportunities to gain tangible yoga knowledge, which they can immediately apply to improve their focus, strength, and abilities. Noah began a regular practice of hatha yoga when he was 14 years old. Raised in the philosophy and practice of yoga, Noah grew up in Boulder, Colorado, where his parents practiced a tradition of meditation. Initially, Noah studied and practiced Ashtanga Vinyasa with Richard Freeman. Early on, he was honored to study with Pattabhi Jois, and Senior Iyengar Yoga Teacher, Manouso Manos. Noah completed his first Anusara Yoga teacher training in 1999, and was certified in the then growing style of Anusara Yoga in 2002. Today Noah studies extensively with Tantric scholar Douglas R. Brooks. Noah boasts a bachelor's degree in Outdoor Education and Leadership, having worked for several years teaching teens and young adults life and technical skills through wilderness journeys. Always a student, Noah continues his yoga education and studies with teachers of all yoga styles and traditions.



INVESTMENT

4-DAY Yoga Intensive (full workshop) **S\$980 Early Bird**. Otherwise S\$1130
1 day module only **S\$280 Early Bird**. Otherwise S\$320
Time: 9-10.30am; 10:45am – 1:15pm; 2:30 – 4:30pm

4-DAY Lecture & Yoga Workshop **S\$640 Early Bird**. Otherwise S\$740
1 day Lecture & Yoga session **S\$180 Early Bird**. Otherwise S\$210
Time: 9-10.30am; 10:45am – 1:15pm

4-DAY Yoga Workshop only **S\$420 Early Bird**. Otherwise S\$480
1 Yoga Workshop session **S\$120 Early Bird**. Otherwise S\$135
Time: 10:45am – 1:15pm

*All prices are inclusive of GST

**Early Bird FULL payment by 12th November, 2017

VENUE

COMO Shambhala Urban Escape
402 Orchard Rd., Level 6, Delphi Orchard, Singapore 238876

INFO AND REGISTRATION

p. +65 63043552 | +65 96917828 Sumei
e. yoga@spaceandlightyoga.com

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