

yoga workshops

january 18-20, 2019

terra yoga, Trondheim



www.terrayoga.no

Noah Mazé

program

friday 13:00-16:00 — Illuminating Alignment (teachers)
friday 17:00-19:30 — Full Spectrum Life
saturday 10:00-12:30 — Slow Cook Your Core
saturday 14:00-16:30 — Resiliency
sunday 11:00-13:30 — Liquid Strength

full description of each session at www.terrayoga.no

investment

teacher session: 650 / 750 NOK

one session: 700 NOK

full weekend w/o teacher session: 1950/ 2400 NOK

full weekend w. teacher session: 2300 / 2700 NOK

(early bird before 10.12.18 / regular price)

registration

email aterrayoga@gmail.com

or themazemethod.com

www.themazemethod.com



THE MAZÉ METHOD