

yoga workshops - Noah Mazé

january 18-20, 2019

friday 13:00-16:00 — Illuminating Alignment (teacher session)

Every pose is in its optimal state when it can be embodied with equal parts of stability and ease (sthira / sukha), but all too often, we get bogged down with contradictory alignment cues and actions that leave us overwhelmed and confused, both physically and mentally.

In this compelling workshop, through lecture, prop work, and experiential learning, Noah will offer a powerful and logical, step-by-step process for understanding, practicing, and teaching optimal asana alignment. This session is geared toward dedicated students and yoga teachers eager to understand more fully the applications of anatomy, kinesiology, and biomechanics behind asana alignment, sequencing strategies, and pose improvement.

friday 17:00-19:30 — Full Spectrum Life

Yoga mimics life. And life is full of ups and downs and twists and turns and the invitation to be your greatest self throughout. In this full spectrum sequence, you will do a bit of everything: sun salutations, standing poses, forward folds, back extensions, twists, inversions, and meditation. You will build strength while you exercise the full range of mobility in your body. This workshop will feature step-by-step sequencing, clear instructions, attention to alignment, and stages appropriate for yogis of all levels.

saturday 10:00-12:30 — Slow Cook Your Core

Got core strength? This class will strengthen your deep core stabilizers as well as your more global core muscles as we circumambulate 360 degrees around your torso and pelvis with strengthening poses and drills. We begin with the pelvic floor and transverse abdominus, into supine core strengtheners and hip openers, boat pose and plank pose variations, inner-thigh strengtheners, outer-hip stabilizers, back-strengthening poses, and culminating arm balances. Your core will be slow cooked, and your shoulders will get some bonus strengthening too! All levels; come ready to work hard and have fun.

saturday 14:00-16:30 — Resiliency

Cultivate resiliency in your body and spirit in this workshop focusing on twists, side bending and back bending postures and actions. You will be deeply nourished as you learn to bend with appropriate tensile strength as you stabilize and mobilize your spine, pelvis and hips. This workshop will feature step-by-step sequencing, clear instructions, attention to alignment and stages appropriate for all yogis of all levels.

sunday 11:00-13:30 — Liquid Strength

This well-rounded vinyasa flow class will heat you up just to the point of liquefaction. Beginning with opening poses and pranayama, we will progress into sun salutations, link standing-pose flows, build core and shoulder strength in basic arm balances, turn in with forward folds, and round it all out with some basic backbends. This all-level workshop is not about fancy trick poses but rather about maintaining focus and alignment within the fluidity of movement and the rhythm of your breath through all poses and transitions.