

Yoga Asana, Anatomy & Therapy Training

With Martin Kirk

May 2 - 6, 2012



Martin Kirk has cultivated a reputation as one of the most knowledgeable yoga anatomy and therapy teachers in North America. This 5-day (**33 hour**) intensive training will deepen your knowledge of the human body through the convergence of proper alignment, anatomy and therapy. Morning sessions will include special asana and anatomy instruction. Afternoons are reserved for yoga therapy with volunteers with actual injuries.

****Special opportunity!** Students not participating with the full training are welcome to join Martin for inspiring yoga classes.

This workshop is perfect for **Yoga Teachers, Yoga Practitioners, Massage and Bodywork Therapists!**

5 Day Anatomy & Therapy Schedule (includes yoga class):

Weds - Sat: 8:30 - 12:30; 2:00 - 5:00
Sun: 10:30 - 12:30; 1:30 - 4:30

Yoga Class Schedule (All Levels Welcome):

Weds 8:30 - 10:30 - Hip Openers
Thurs 8:30 - 10:30 - Backbends
Fri 8:30 - 10:30 - Forward Bends & Hip Openers
Sat 8:30 - 10:30 - Hand Balancing

All sessions count toward CE hours approved by the NCBTMB

To Register Contact:

Jordan Kirk
480-657-2584

Jordan@kirkyoga.com
www.kirkyoga.com

Tuition:

Full Weekend:
\$750 / \$699 if paid by April 17 (save \$50)

Individual Yoga Classes:
\$35 per class / \$125 for all 4 (save \$15)

Location:

St. Barnabas on the Desert
6715 N. Mockingbird Lane
Scottsdale, AZ 85253

Lodging:

See www.kirkyoga.com for details

Martin Kirk, MSBME is a Certified Anusara Yoga® Instructor who in demand globally for his extraordinary workshops, Immersions, Anatomy, Therapy and Teacher Trainings. Martin is known for bringing precision, clarity, and a deep spirituality in his exuberant teaching style. With a Masters Degree in Biomedical Engineering, he has a special gift for anatomy and therapeutics. He is an author of the highly successful book, *Hatha Yoga Illustrated* and co-author (along with Jordan Kirk and Ellen Saltonstall) of the upcoming *Yoga Anatomy: The Biomechanics of Asana*. Martin lives in Scottsdale, Arizona USA with his wife, Jordan, and son, Jonathan. www.kirkyoga.com

“Martin Kirk is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider.”

