

Anusara Yoga

# Anatomy & Therapy Training

November 3 - 7, 2010

Martin has developed a reputation for offering the highest quality Yoga anatomy and therapy trainings available today. Students learn more while experiencing a special transformation in their lives and practices. This 5-day (30-hour) intensive training will profoundly deepen your knowledge as you fall in love with the majesty of the human body while Martin artistically weaves anatomy, therapy, asana and philosophy into a rich tapestry. There is no better way to fully understand the biomechanical elegance of John Friend's Universal Principles of Alignment™ than with hands-on experience in the classroom. Morning sessions will include anatomy and therapy instruction with afternoons reserved to work with volunteers with actual injuries.

\*\*Watch for his upcoming book *Yoga Anatomy - The Biomechanics of Anusara Yoga* (co-written with Ellen Saltonstall and Jordan Kirk published by John Friend.

## To Register Contact:

Jordan Kirk

**480-657-2584**

Jordan@kirkyoga.com

**www.kirkyoga.com**



## Times:

Weds thru Sat 9:00-12:00; 2:00-5:30

Sun 9:00-1:00

## Tuition:

\$700/\$675 if paid by October 23, 2010

## Location:

Spirit in the Desert  
7415 E. Elbow Bend  
Carefree, AZ 85377

## Lodging:

On site accommodations are available at this gorgeous  
Contact: Marnie at 480-488-5218

Martin Kirk is a Certified Anusara® Yoga Instructor who travels abroad offering excellent and inspiring workshops, Immersions, Anatomy, Therapy and Teacher Trainings. With a Masters Degree in Biomedical Engineering, Martin has a special gift for anatomy and therapeutics. He is the author of the highly successful book, *Hatha Yoga Illustrated* and is co-writing (along with Ellen Saltonstall and Jordan Kirk) *Yoga Anatomy - The Biomechanics of Anusara Yoga*. Martin lives in Scottsdale, Arizona with his wife and son. For more info: **www.kirkyoga.com**.