



Advanced Yoga Therapy

with Martin Kirk

March 9 -11, 2011

Cornelius, North Carolina

Join one of Anusara yoga's most highly trained certified teachers for a weekend of creative, effective and rarely taught therapeutic adjustments. Designed to give you ample time for hands-on adjustments, this workshop will awaken your ability to see and apply yoga's healing potential through skillful physical assists. All sessions count toward CE hours approved by NCBTMB. With a Masters Degree in Biomedical Engineering, Martin has a unique gift for anatomy and therapeutics. He teaches worldwide and is the author of **Hatha Yoga Illustrated** and co-author (with Ellen Saltonstall and Jordan Kirk) of the upcoming **Yoga Anatomy: The Biomechanics of Anusara Yoga**. For more info, visit www.kirkyoga.com

A strong understanding of the Anusara Universal Principles of Alignment is recommended

Friday: The entire day is devoted to RARELY TAUGHT Therapeutic Adjustments and Specific Syndromes...many of the important issues we see in classes that often get skimmed over in therapy workshops due to lack of time. Both sessions include clients with actual injuries.

12:00 pm - 3:00 pm **Therapeutic Adjustments – Extremities**

Hands-on practice of therapy for carpal tunnel, repetitive stress syndrome, wrist & hand issues, cysts, bunions, heel spurs, ankle sprains, neuromas, Achilles tendon sprains

4:00 pm - 7:00 pm **Therapeutic Adjustments – Specific Syndromes**

Hands-on practice of therapy for fibromyalgia, scoliosis, pre- and post- surgery healing for breast cancer & other procedures

Saturday:

9:00 am - 12:00 pm **Yoga Therapeutic Asana – How to make your practice therapy**

Integrating whole-body therapy into asana within the classroom

2:00 pm - 5:00 pm **Therapeutic Adjustments – Lower body**

Hands-on practice of therapy for piriformis syndrome, sciatica, psoas strain, low back pain, sacroiliac subluxation, shin splints, meniscus damage, popliteus sprain, hyper-extension, knock- knees, bow-legs, hamstring pull

Sunday:

9:00 am - 12:00 pm **Therapeutic Adjustments – Upper body**

Hands-on practice of therapy for cervical subluxation, whiplash, rotator cuff, tennis elbow, hyper-extension of elbow, bursitis, tendonitis

Each Session: \$60 (\$55 if registered by Weds. Feb 1st)

Full Weekend: \$250 (\$225 if registered by Weds. Feb 1st)

Register On-line:
www.thebindu.com (Events)

Or Contact:
shelly@theBindu.com
704.237.3635

Location:



1138-C Treynorth Dr
Cornelius, NC 28031