

ANATOMY & THERAPEUTICS

with Martin Kirk

March 16 - 18, 2012



Friday, March 16:

Yoga Therapeutic Asana - How to make your practice therapy: 5:30 - 8:30pm

Saturday, March 17:

Anatomy of the Spine : 9:00am -12pm

Therapeutics for Upper Back & Neck: 2 - 5pm

Sunday, March 18:

Anatomy of the Pelvis : 9:00am -12pm

Therapeutics for Low Back: 2 - 5pm

Martin Kirk is a Certified Anusara® yoga Instructor who has gained a reputation for excellent and inspiring workshops and teacher trainings. He discovered his

love for yoga in 1993 while earning a Masters Degree in Biomedical Engineering. He met John Friend the next year and became a devoted student of Anusara yoga. Martin's understanding of the body is extensive and he has a special gift of taking complex subject matter and making it accessible, clear and applicable for the modern day yogi. His anatomy and therapy trainings are now legendary and in great demand worldwide. He has transitioned from a successful 20-year career as an engineer in the space industry to sharing his passion for yoga full-time. He is the author of the successful book, Hatha Yoga Illustrated and is co-writing (along with Ellen Saltonstall

HATHA YOGA Illustrated

For greater strength, flexibility, and focus



Martin Kirk • Brooke Boon

and Jordan Kirk) Yoga Anatomy: The Biomechanics of Anusara Yoga. Inspired by John Friend, Martin instills excellence in all of his practice and teaching of yoga. Martin lives in Scottsdale, Arizona with his wife and son.

FEES:

Full Workshop:
\$275 / \$247.50 members

Early Price by March 1:
\$245 / \$220.50 members

Individual Session: \$60 / \$54 members

Register online at www.yoga-sanctuary.com



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