



Yoga Anatomy: The Biomechanics of Asana

MARTIN KIRK

Martin is a certified Anusara teacher and has a Masters Degree in Biomedical Engineering. Now legendary, his anatomy and therapy trainings are in great demand worldwide. He is an author of the highly successful book, Hatha Yoga Illustrated and co-author (along with J Ellen Saltonstall and Jordan Kirk) of the upcoming Yoga Anatomy: The Biomechanics of Anusara Yoga. Martin lives in Scottsdale, Arizona USA with his wife and son. www.kirkyoga.com

JANUARY 6-8 2012

Sanctuary Green Hills

Workshop Description

Join us for a weekend of Yoga Anatomy: The Biomechanics of Yoga brought to us by our dear friend Martin Kirk. Covering the basics of anatomy and an integration of a therapeutic approach to anatomy within a yoga class, Martin will bring to light the Anusara® Yoga principles of alignment. Martin's understanding of the body is extensive and he has a special gift of presenting this complex subject matter in a way which is accessible, clear and applicable for the modern day yogi.

The weekend is a two part exposure to Yoga Anatomy and Anusara® Yoga, means "flowing with Grace," and is a powerful hatha yoga system that celebrates a Tantric philosophy of intrinsic Goodness with Universal Principles of Alignment™.

The first is lecture series on anatomy in general, covering the entire body. The second part are two amazing yoga classes where Martin integrates the anatomy knowledge within the flow of a practice.

Anatomy of the Spine & Pelvis I

Friday, January 6th

6:00pm - 9:00pm

Mastering Backbends: a therapeutic approach (Asana Class)

Saturday, January 7th

8:00am - 11:00am

Anatomy of the Pelvis II, Shoulders & Arms

Saturday, January 7th

12:00pm - 3:00pm

Anatomy of the Legs, Knees & Extremities

Saturday, January 7th

4:30pm - 7:30pm

Mastering Hip Openers (Asana Class)

Sunday, January 8th

9:00am - 12:30am

COST

\$40 per session | Full Weekend \$175

10% discount on multiple sessions



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