

Anatomy Workshop with Martin Kirk February 26 - 27



Hands on Adjustments:

Feb. 26 6:00-9:00 pm

\$45 / \$40 if paid by Feb 13th



Anatomy Training:

Feb. 27 8:30-12:30 pm and 2:00-6:00 pm

\$120 / \$110 if paid by Feb 13th

Only \$135 for both workshops

To Register:

Contact Melissa

928.443.8973

YogaShalaArizona@gmail.com

www.YogaShalaArizona.com

Location:



322 W. Gurley St.
Prescott, AZ 86301

Learning anatomy with Martin is inspiring and uplifting. He artistically weaves anatomy, yoga poses, Anusara® philosophy and John Friend's elegant Universal Principle of Alignment™ in such a way that the majesty and understanding of the human body is beautifully revealed. We will cover the anatomy of a healthy spine, shoulders, pelvis, low back, arms and legs. The principles that you learn will be directly applied to the body so that you can master the concepts in relation to the yoga postures. Come see why this is more than an ordinary Anatomy Training!

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) *Anusara Yoga Manual of Anatomy and Kinesiology*. Martin lives in Scottsdale, Arizona with his wife and son.

For more info: www.kirkyoga.com.

