



Anusara Yoga

Anatomy, Adjustments & Asana Workshop

with Martin Kirk

July 16 - 18, 2010

Yoga Adjustments & Asana:

Fri - 1:00-4:00pm - Special Workshop Hands-on Adjustments
\$50/\$60 after July 2

Refine your sense of touch as you empower your students to feel for themselves how to open their poses. Learn how to skillfully adjust misalignments as well as how to take a good posture even deeper using Anusara Yoga's Universal Principles of Alignment.

Fri - 6:00-8:00pm - Master Asana Class- Mastering Handstand - Conquering Fear
\$30/\$40 after July 2

Unlock the mystery to this illusive pose. Whether you are new to the practice and just want to get up or you are a more continuing student ready to balance away from the wall, Martin will skillfully guide you with clear step-by-step instruction sure to take your practice to a whole new level of mastery.

Both Friday classes: \$70/\$90 after July 2

Location:



Middletown Commons
850 Aquidneck Avenue
Middletown, RI 02842

Yoga Anatomy Training:

Sat - 9:30-1:00pm & 3:00-6:30pm

Sun - 9:00-1:00pm

Sat & Sun Anatomy Training - \$195/\$215 after July 2

Full Weekend Special (Fri, Sat & Sun) - \$240(save \$75!)/\$290(save \$25) after July 2

Learning anatomy with Martin is inspiring and juicy. 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 body human 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 into 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!

To Register Contact:

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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 an author of the highly successful book, *Hatha Yoga Illustrated* and co-author of the upcoming *Yoga Anatomy: The Biomechanics of Anusara Yoga*. Martin lives in Scottsdale, Arizona with his wife, Jordan and his son, Jonathan. www.kiryoga.com