

GARDEN OF THE HEART YOGA CENTER PRESENTS:
GUEST WORKSHOP WITH MARTIN KIRK
ANATOMY FOR YOGA STUDENTS AND TEACHERS
AUGUST 20 – 22, 2010

martin kirk



Martin Kirk, MSBME, RYT, is a Certified Anusara Yoga® Instructor who travels nationally and internationally offering 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-writing (with Ellen Saltonstall) the upcoming *Yoga Anatomy: The Biomechanics of Anusara Yoga*. Martin's love for yoga shines through his exuberant teaching style with precision and clarity. Martin lives in Scottsdale, Arizona with his wife, Jordan, and son, Jonathan. www.kiryoga.com

Learning anatomy with Martin is inspiring and juicy. He artistically weaves anatomy, yoga poses, Anusara philosophy and John Friend's elegant Universal Principles 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 into the body so that you can master the concepts in relation to your yoga postures. Come see why this is more than an ordinary Anatomy Training!

Friday, 1:00-4:00pm – Pre-workshop session: Healthy Shoulder Therapeutics

Friday, 6:00-9:00pm – The Spine

Saturday, 9:00am-12:00pm – Anatomy Basics, Pelvis

Saturday, 2:00-5:00pm – Shoulders, Arms, Elbows, Wrist

Sunday, 10:00am-1:00pm – Hands, Legs, Knees, Feet

Attend individual sessions or the full weekend. Complete details at www.gardenoftheheart yoga.com.

Workshop Policies: To register, complete workshop registration form, available from Garden of the Heart Yoga Center or download a pdf from the website. Full payment is required to reserve your space in the workshop. Refunds are given up to 3 business days before workshop, minus a \$5 cancellation fee per individual session. No refunds are given after that unless your space can be filled from a waiting list. Directions and hotel info are available at www.gardenoftheheart yoga.com.

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Price For Each Session: \$50

Full Anatomy Weekend: \$180

Full Anatomy Plus Therapeutics: \$220

The pre-workshop shoulder therapeutic session is open to all. The main workshop is open to students at a Yoga 2 level or above.

Garden of the Heart Yoga Center
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www.gardenoftheheart yoga.com