



SEATTLE YOGA ARTS
Refine Your Practice



ANUSARA YOGA ANATOMY, THERAPEUTICS, & ASANA *WITH MARTIN KIRK*

Join one of Anusara Yoga's most highly trained certified teachers as he weaves a full weekend of anatomy, therapeutics, asana and fun! Fall in love with the majesty of the human body through artful slide-show presentations, hands-on therapeutic adjustments and practices designed to deepen your awareness of how your body optimally aligns itself for greater health.

FRIDAY, FEB. 3

1:00 pm - 4:00 pm: **'From the Core' - Anatomy of the Amazing Spine**

5:30 pm - 8:30 pm: **Therapeutics for a Healthy Back**

SATURDAY, FEB. 4

9:00 am - 12:00 pm: **Yoga Class - Mastering Backbends (All Levels Welcome)**

2:00 pm - 5:00 pm: **Yoga Class - Mastering Hip Openers (All Levels Welcome)**

SUNDAY, FEB. 5

9:00 am - 12:00 pm: **'Within Reach' - Anatomy of the Expressive Shoulders & Arms**

2:00 pm - 5:00 pm **Therapeutics for Open & Pain Free Shoulders/Arms**

SPECIFICS

Dates & Times: February 3-5

Fees: \$45 for 1 class, \$250 for all 6

Level: All levels welcome

Location: Seattle Yoga Arts

REGISTRATION

Please register online at www.SeattleYogaArts.com, or send full payment to: **Seattle Yoga Arts, 1540 15th Avenue, Seattle, WA 98122.**

QUESTIONS

For more information, email info@SeattleYogaArts.com or call **206.440.3191.**

ABOUT MARTIN

Martin Kirk, MSBME 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 coauthor (along with Ellen Saltonstall & Jordan Kirk) of the upcoming *Yoga Anatomy: The Biomechanics of Anusara Yoga.*

Martin Kirk brings passion, clarity and deep spirituality to his teaching. He lives in Scottsdale, Arizona USA with his wife, Jordan, and son, Jonathan. For more information about Martin, visit www.kirkyoga.com.

