

yogapod teacher training modules present

# anusara® yoga therapeutics teacher training

with Martin Kirk: Feb 5th - 7th, 2010

Martin has cultivated a reputation as one of the most knowledgeable yoga anatomy and therapy teachers in North America. This 3-day intensive training will deepen your knowledge of the human body through the convergence of proper alignment, anatomy and therapy. While this program is based on the alignment principles of Anusara Yoga, the concepts are far-reaching and useful for practitioners of all disciplines of yoga. Join us as we work on volunteers with real-life injuries and issues. A great opportunity for all yoga teachers and practitioners!

**weekend training: \$225** includes taxes  
**full 3 day: save \$20** if you pre-register before Jan 1st!

1. Friday, Feb 5th | 6:00 - 9:00 pm | Cost: \$45.00  
*spinal therapeutics*
2. Saturday, Feb 6th | 9:00 am - 12:00 pm | Cost: \$45.00  
*pelvic therapeutics*
3. Saturday, Feb 6th | 2:00 - 5:00 pm | Cost: \$45.00  
*shoulder therapeutics*
4. Sunday, Feb 7th | 9:00am - 12:00 pm | Cost: \$45.00  
*elbow/wrist therapeutics*
5. Sunday, Feb 7th | 2:00 - 5:00 pm | Cost: \$45.00  
*knee/ankle therapeutics*

**friday afternoon** (separate from workshop costs)  
**advanced practice: \$35** includes taxes

1. Friday, Feb 5th | 2:00pm - 4:30pm  
*intermediate advanced practice*



Martin Kirk is a Certified Anusara Yoga Instructor who travels abroad offering revealing 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.

**Learn more about Martin: [www.kirkyoga.com](http://www.kirkyoga.com)**

**to pre-register:**  
**604.924.9642 or**  
**[www.yogapod.com](http://www.yogapod.com)**

**Location: Lonsdale Quay Hotel**  
**123 Carrie Cates Court, North Vancouver**  
**British Columbia, Canada, V7M 3K7**