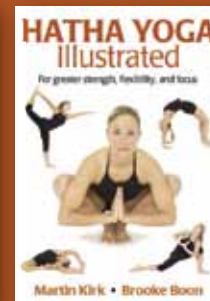
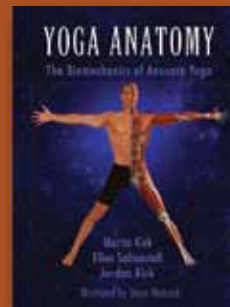




MARTIN KIRK

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. www.kirkyoga.com



Friday October 1st 9:00 am - 4:00 pm FR1KIR

Anatomy for Yoga Teachers and Students

You've never seen yoga anatomy like this. Martin artistically weaves asana, anatomy and the Anusara Yoga Universal Principles of Alignment™ in such a way that the majesty and understanding of the body human is beautifully revealed. We will cover the anatomy of the spine, low back and shoulders. You will learn to apply universal principles directly in your body as you master the concepts in relation to the asanas.

Saturday October 2nd 10:30 am - 12:30 pm SA2KIR

Healthy Hands in Hand Balances

Wow! You've seen them balance on their hands in challenging poses and some even flow from pose to pose without skipping a beat. But how do they do that without causing pain to the wrists and hands? Balancing on your hands can lead to aching in the hands and wrists until you learn how to activate them in a skillful way. Find out how Universal Principles of Alignment™ can help you stand strong on your hands.

Saturday October 2nd 1:00 pm - 3:00 pm SA3KIR

Master Headstand & Shoulderstand

Cultivate safe, solid and elegant poses applying the Universal Principles of Alignment™ of Anusara Yoga®. Bring 2 blankets for more comfort and possibility. All levels and teacher training.

Sunday October 3rd 9:00 am - 11:00 am SU1KIR

Keeping your Knees Safe in Hip Openers

Hip openers are among the most beneficial poses in our yoga practice. They can release stuck emotions and free up vital creative energy giving us access to our inherent freedom. Yet for many hip openers can lead to pain or injury in the knees as they absorb the stress of the pose. Learn how to use Anusara yoga's Universal Principles of Alignment™ to harvest the benefits of opening your hips without putting your knees at risk.

Sunday October 3rd 11:30 am - 1:30 pm SU2KIR

Low Back Therapeutics – Reveal to Heal

Put yourself in a position to free yourself and others from needless low back pain using the Universal Principles of Alignment™ of Anusara Yoga®. In this workshop will learn the fundamentals of yoga therapy to both heal and prevent injury to the low back.



LOU LYNN

Lou Lynn is a certified YogaKids facilitator and teacher trainer. She owns Little Tree Yoga in Vancouver, www.littletreeyoga.com

Friday October 1st 6:00 pm - 8:00 pm FR2LYN

YogaKids Tools for Schools: Yoga in the Classroom

Discover poses and techniques that teach children to be calm, compassionate and clever. Enhance academics and learning potential, engage and delight children with researched, proven techniques. Teachers and students will find less stress and greater success using this body based curriculum. For the K-5 curriculum. Required purchase; YogaKids TFS Tool Box. Discover poses and techniques that teach children to be calm, compassionate and clever. Enhance academics and learning potential, engage and delight children with researched, proven techniques. curriculum. Required purchase.

Saturday October 2nd 3:15 pm – 5:15 pm SA4LYN

Taste of Yoga Kids

Inspire yourself and children with fun, educational concepts and ideas that will change the way you teach, and children learn. Integrate language, art, music and storytelling to engage the whole child in the multiple intelligences theory of learning. Take away ideas you can use right away in your work and play with children. You will be required to bring, "YogaKids, Educating the Whole Child Through Yoga" by Marsha Wenig.

