



# Yoga Workshop

## April 9th-11th

Have fun & hang out with  
*Anatomy*

and *Anusara® Yoga*  
expert

**Martin Kirk**

Martin Kirk invites you to a weekend of anatomy, philosophy, yoga practice and humor. Come and learn how the body works from basic movements to the molecular level. This workshop will enlighten and deepen each student's understanding of asanas, kinesiology and anatomy. Combine this with an ancient tantric text called the *Pratyabhijna Hrdyam* (science of the soul), and expand your hearts' intuition, your mind's wisdom with your body and you have a weekend of learning and fun!

### Friday April 9th 18:30-21:00 *The Invisible Matrix of Life*

Everything in physical manifestation comes from one Supreme Source, the underlying energy of all things. Our bodies also grow and develop based upon this underlying blueprint. We will explore how aligning with Nature's plan can produce optimal health for our bodies.

- Anatomy Basics, Intro to Spine, Asana practice & more.

### Saturday 10-13:00 & 14:30-17:30 *Divine Heritage*

*Pratyabhijna Hrdyam Sutra 2*

We come from the One Supreme Source. Our bodies are made of God-molecules. How can this knowledge inform our understanding of Anusara's Universal Principles of Alignment? Come find out.

- Spine, Pelvis, Asana, & Journal/Review, Questions

**Sat 14:30-17:30** Continue Pelvis, Intro to Shoulders, Asana practice, Journal/Review, Questions

### Sunday 9-12:00 & 13:00-16:00 *A Universe Within*

*Pratyabhijna Hrdyam Sutra 4*

Beauty and grandeur surround us in the vastness of the cosmos. Could it be that we contain that same majesty within our own body? Let's explore.

Continue Shoulders, Arms/Elbows/Wrists-Hands, Asana practice, Journal/Review, Questions

### Sunday 13:00-16:00

Legs/ Knees/Ankles/Feet, Asana, Journal/Review & questions

Because of content presentation prices as follows:  
**Full Workshop discount chf. 295**  
Friday chf. 80  
Saturday chf. 145  
Sunday chf. 145

**Workshop location**  
[YogaSeefeld](#)  
Feilengasse 5,  
Zurich, Switzerland

**Registration:**  
[yogijeff@mac.com](mailto:yogijeff@mac.com)  
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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 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. For more info: [www.kirkyoga.com](http://www.kirkyoga.com).

