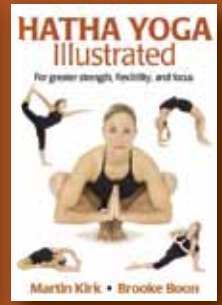
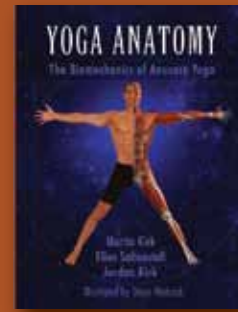




Martin Kirk

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 March 26th 9:00 am - 4:00 pm FR1KIR
Anusara Yoga: Weave Asana, Alignment and Philosophy

Learn Anusara' magical Universal Principles of Alignment, to refine and optimize how you move. This must take workshop for teachers and practitioners will cultivate an enriched experience of Anusara Yoga's® intelligent, and fully integrated system of elegant alignment principles and philosophy. Weave asana, alignment, philosophy, body, mind and heart in a way that will increase strength, flexibility and balance.

Saturday March 27th 8:00 am - 10:00 am SA1KIR
Master Handstands – Conquering Fear

Ever wonder how to personally master or teach handstands? Cease your search. This workshop will unlock the mystery to this illusive pose. Step-by-step instructions are sure to take your personal or teaching practice to a whole new level of mastery. All Levels

Saturday March 27th 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.

Saturday March 27th 3:15 pm - 5:15 pm SA4KIR
Keep your Practice Safe - Anusara Yoga for Common Injuries

As a yoga teacher or practitioner, there are common injuries that we encounter in class. In this workshop we will address how to prevent and help heal the students who have injuries of the shoulder, neck, wrist, pulled hamstrings, bulging or ruptured discs and low back pain. Please bring a blanket, block and a belt.

Sunday March 28th 9:00 am - 11:00 am SU1KIR
Low Back Therapeutics – Reveal to Heal

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



Friday March 26th 6:00 pm – 8:00 pm FR2KOW
8 Limbs 2 Hearts: Intro to Acro Yoga

This workshop will introduce the fundamentals of static acrobatic and partner body balancing while we deepen our connection through trust and plenty of laughter. Topics covered: creating a strong base using proper alignment, the secrets of flying, safety tips and the therapeutic applications of Acro Yoga. Some experience with yoga is recommended as partners should be able to hold plank, move through chaturanga dandasana with ease and feel comfortable with being upside down. Bring a spouse, partner, friend or be assigned one in class.

Saturday March 27th 10:30 am – 12:30 pm SA2KOW
8 Limbs, 2 Hearts: Partner Flow Yoga Workshop

Understand how partner work can bring a whole new depth and awareness to your practice. This workshop will introduce basic assists and then incorporate them into a flow-based practice, which will include variations of the some of the postures found in the Ashtanga Vinyasa system. We will also explore ways in which you and your partner can help each other with alignment, balance and concentration, while both of you deepen your connection through trust and plenty of laughter. Some experience with Ashtanga Vinyasa yoga is recommended while a sense of adventure and humor is a requirement! Bring a spouse, partner, friend or be assigned one in class.



Sebastian Kowalik and Kaelyn Wong

Sebastian's love for yoga came about after years of formal meditation practice. The joy of finding stillness and peace in the heart of movement compelled him to expand his practice with teacher training, during which he met Kaelyn. Kaelyn's love for yoga directly evolved from her background in martial arts. Her practice helped heal various injuries and gave her a deeper awareness into the importance of breath and alignment. Together they discovered how partner yoga cultivates greater depth, mindfulness and connection. They both received certification from Acro Yoga Montreal and are excited to share their knowledge, joy and experience. www.triplelegem.ca