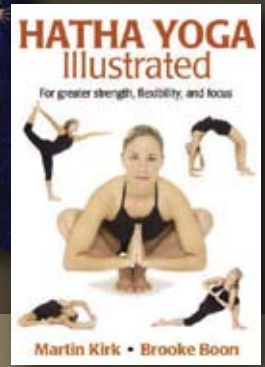
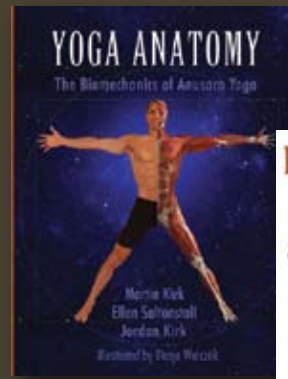




MARTIN KIRK

Martin Kirk, MSBME, RYT 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 co-author of the upcoming *Yoga Anatomy: The Biomechanics of Anusara Yoga*. Martin lives in Scottsdale, Arizona with his wife, Jordan and his son, Jonathan. www.kirkyoga.com



Thursday March 29th 11:00 am - 6:00 pm TH1KIR

The Art of Sequencing - Creating Breakthroughs in Yoga Poses

Mastering great sequencing is the secret to yoga pose breakthroughs and spiritual transformation. We will learn how to skillfully build to a powerful apex pose using Anusara Yoga's Universal Principles of Alignment.

Friday March 30th 9:00 am - 4:00 pm FR1KIR

Anusara Yoga Anatomy & Therapy Training

This intensive training provides an exciting way to learn through an interactive study of yoga anatomy and therapy. The magical mix of these with Anusara's Universal Principles of Alignment makes a potent tool for learning. Hands on application of the techniques and principles will strengthen the student's knowledge and understanding.

Saturday March 31st 10:30 am - 12:30 pm SA2KIR

Mastering Arm Balances - Unleashing Your Confidence and Power

Learning to balance on your hands has an amazing capacity to connect you to your own power. Most of us are joyfully surprised to learn we can do things we never thought possible through the application of the Universal Principles of Alignment™ of Anusara Yoga®. Come along for a journey to your own unexplored horizons of possibility. Bring a block.

Saturday March 31st 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 April 1st 9:00 am - 11:00 am SU1KIR

Anusara Yoga: What, How and Why - Weaving of Asana and Philosophy

Anusara Yoga® is a fully integrated yoga system that fulfills the needs of your mind, heart and body simultaneously. Anusara's unique balance of elegant alignment principles, life-affirming philosophy, and great community will help you integrate all parts of yourself and answer the What, How, and Why of your own life.

Sunday April 1st 11:30 am - 1:30 pm SU2KIR

Back Bending Breakthrough - Establishing a Heart of Courage

Backbends are the most transformational and invigorating of yoga poses. They also require us to courageously open our hearts as we bend back into the mystery of our back body. By incorporating the masterful Universal Principles of Alignment™ of Anusara Yoga®, learn to keep your shoulders and back safe while going deeper than you ever have before.

