



Anusara Yoga

Asana, Anatomy & Therapeutics with Martin Kirk

October 15 -17, 2010

Learning anatomy with Martin is inspiring and uplifting. He artistically weaves anatomy, yoga poses, Anusara® philosophy and John Friend's elegant Universal Principle of Alignment™ in such a way that the majesty and understanding of the human body is beautifully revealed. We will cover the anatomy of a healthy spine, shoulders, pelvis, low back, arms and legs. The principles that you learn will be directly applied to the body so that you can master the concepts in relation to the yoga postures. Come see why this is more than an ordinary Anatomy Training!

Yoga Therapeutics and Asana Workshop

Friday:

- 2:00 - 5:00pm Special Healthy Back Therapeutics Training \$50
- 5:00 - 6:30pm Social/appetizers/BYO thing to share
- 6:30 - 8:30pm Advanced practice \$35/30 if paid by Oct. 1

Yoga Anatomy Training

Saturday:

- 10:30 - 1:30pm The Spine \$50
- 3:00 - 6:00pm Anatomy Basics, Pelvis \$50

Sunday:

- 10:30 - 1:30pm Shoulders \$50

Anatomy Training: \$145

Entire Weekend: \$195 (save \$40!)

Location:



11138-C Treynorth Dr
Cornelius, NC 28031

To Register:

Visit www.thebindu.com

Contact Shelly **704-237-3635**

shelly@thebindu.com

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) *Yoga Anatomy: The Biomechanics of Anusara Yoga*. Martin lives in Scottsdale, Arizona with his wife and son. For more info: www.kirkyoga.com.

