

Anusara Yoga, Anatomy & Therapy

with Martin Kirk

January 13-15, 2012



Join one of Anusara® Yoga's most highly trained certified teachers as he weaves a full weekend of anatomy, therapeutics, asana and fun! Fall in love with the majesty of the human body through artful slide-show presentations, hands-on therapeutic adjustments and practices designed to deepen your awareness of how your body optimally aligns itself for greater health.

Times:

Friday 5:30 pm - 8:30 pm Therapeutics for a Healthy Back

Saturday 9:00 am - 12:00 pm Within Reach: Anatomy of Expressive shoulders and arms

2:00 pm - 5:00 pm Yoga Therapy for open & free shoulders and arms

Sunday 9:00 am - 12:00 pm Mastering Hip openers

Each Session: \$50

Full Weekend: \$175 (save \$25)

HOLIDAY SPECIAL - FULL WEEKEND: \$150 if paid by Sat. Dec 17 (SAVE \$50!!!)

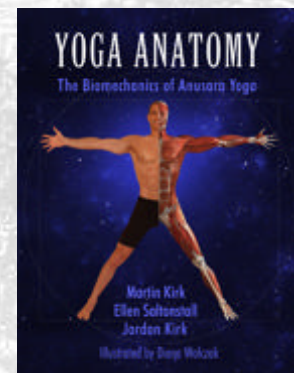
To Register Contact:

Donna Marie Vigilante

865.981.1855

yogi500@msn.com

www.smokymountainyoga.com



"Coming Soon!"

Location:

Mountain Yoga & Healing
1906 E. Lamar Alexander Pkwy
Maryville, TN 37804



*****All sessions count toward CE hours approved by the NCBTMB**

Martin Kirk, MSBME 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 (along with Ellen Saltonstall and Jordan Kirk) of the upcoming *Yoga Anatomy: The Biomechanics of Anusara Yoga*. Martin's brings precision, clarity, and a deep spirituality in his exuberant teaching style. Martin lives in Scottsdale, Arizona USA with his wife, Jordan, and son, Jonathan. www.kirkyoga.com

"Martin Kirk is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider."

