



MOUNTAIN YOGA & HEALING

Anusara Yoga® Weekend Workshop

“Seeing the Sacred in All Things”

with

Martin Kirk

June 26-28, 2009

Join Certified Anusara Yoga teacher Martin Kirk for a celebration of the Sacred in a masterful yoga practice spiced with uplifting stories from everyday life. One of the great gifts of yoga is to connect us to something greater than ourselves. As we progress in our own inner journey we become profoundly aware that there is something larger and more magnificent at work in our universe. A physical breakthrough such as mastering a new pose or finally being free of pain can also open our heart and lead us to insightful new understandings of life. The great promise of yoga is that life is filled with these moments and that we can become virtuosos at finding and embracing them. The great stories and Universal Principles of Anusara Yoga™ are designed to show us the Sacred in all things at all times. Join us for a rousing and fun-filled weekend that will help teach you to connect to the sacred in each instant of your life. **All levels welcome.**



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

Friday 5:30-8:30pm - “Turn it Over” Exploring Twists and Inversions - \$35

Saturday 9:00-1:00pm - “The Power of the Heart” Shoulder Openers & Backbends - \$50

Saturday 3:00-5:30pm - “Diving Deeper” Hip Openers and Forward Bends - \$35

Sunday 9:00-noon - “Breaking Free” Core Building and Arm Balances - \$50



Full Weekend: \$150 (save \$20!) Pre-registration by June 19th is required.

For questions contact:
Donna Marie Vigilante
865-681-1855
www.smokymountainyoga.com
Please make checks payable to: Donna Marie Vigilante



Registration:

Name: _____

Phone: _____

Address: _____

City/State/Zip: _____

Email: _____

Workshop Location:

Chilhowee Club located at 323 Clarion Ave. Maryville, TN 37801