

# October 25-27

## 3-Day

# Yoga Asana & Therapy Workshop with Martin Kirk

Williamsville,  
New York



Martin Kirk has a reputation as one of the most knowledgeable yoga anatomy and therapy teachers in North America. This 3-day training will deepen your knowledge of the human body through the convergence of proper alignment, anatomy and therapy.

This workshop is perfect for **Yoga Teachers, Yoga Practitioners, Massage and Bodywork Therapists!**

To register contact:  
**Rising Sun Yoga**

5225 Sheridan Drive  
Williamsville, NY 14221

716-632-5802

[www.risingsunyoga.com](http://www.risingsunyoga.com)

### Times:

**Friday: 6:00-8:30pm \$50**

#### **Yoga Anatomy: Understanding Your Spine**

A multimedia journey through the spine and muscles of the back: Understand how your spine works and how to keep it safe.

**Saturday: 9am-12pm \$60**

#### **Asana and Therapy - Healthy Backs**

Learn how your asana practice can keep your back healthy and also heal you when you are injured. This class is therapeutic asana with stops to break down and explain the therapeutic principles.

**Saturday: 1:15-4:15pm \$60**

#### **Asana & Therapy - Strong, Healthy Shoulders**

Your shoulders are the most mobile joint in your body. Learn how to use them injury free in your life and your practice.

**Sunday: 9am-12pm \$60**

#### **Asana & Therapy - Opening & Healing for Your Hips**

Demystify your hips: Gain more freedom and health through practice with knowledge.

**Sunday: 1:15-4:15pm \$60**

#### **Asana & Therapy - Everything Else: Your Peripheral Body**

How to heal the rest of you: Legs to feet and arms to hands

### Tuition:

**All day Saturday or Sunday \$115**

**Full workshop \$275**



Martin Kirk, ERYT-500, MSBME has been practicing yoga since 1993 and teaching since 1995. He was certified in Anusara Yoga in 2001. In 2012 Martin stepped away from trademarked yoga systems yet continues his studies with masters in anatomy & therapeutics. Martin is known for bringing precision, clarity, and a deep spirituality in his exuberant teaching style. He is widely recognized for his inspiring workshops in Anatomy, Therapeutics and Teacher Trainings around the world and online. 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. Martin lives in Scottsdale, Arizona with his wife and son. For more info: [www.kirkyoga.com](http://www.kirkyoga.com).

