



Inspired Yoga and Wellness is proud to host .....

# Anatomy & Therapy Training

## with Martin Kirk

### September 19 - 23, 2012

### Calgary, Canada



Martin Kirk has cultivated a reputation as one of the most knowledgeable yoga anatomy and therapy teachers in North America. This 5-day (**33 hour**) intensive training will deepen your knowledge of the human body through the convergence of proper alignment, anatomy and therapy. Morning sessions will include special asana and anatomy instruction. Afternoons are reserved for yoga therapy with volunteers with actual injuries.

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

All sessions count toward Continued Competency credits with **NHPC**

**\*Special opportunity!** Students not participating with the full training are welcome to join Martin for inspiring yoga classes.

#### **5 Day Anatomy & Therapy Schedule** (includes yoga class):

Weds	8:30-12:30; 2:00-5:00
Thurs	8:00-12:00; 1:30-4:30
Fri & Sat	8:30-12:30; 2:00-5:00
Sun	8:00-10:00; 10:30-1:30

#### **Register Online:**

[yogaandwellness.ca/inspired-yoga-workshop.html](http://yogaandwellness.ca/inspired-yoga-workshop.html)

#### **Or Contact:**

Colleen at [admin@yogaandwellness.ca](mailto:admin@yogaandwellness.ca)

Nora at [nora@yogaandwellness.ca](mailto:nora@yogaandwellness.ca)

**403-992-2069**

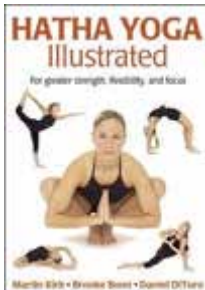
#### **Yoga Class Schedule** (All Levels Welcome):

Weds	8:30-10:30 - Hip Openers
Thurs	8:00-10:00 - Backbends
Fri	8:30-10:30 - Forward Bends & Hip Openers
Sat	8:30-10:30 - Hand Balancing

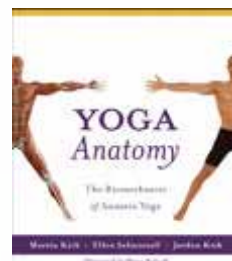
#### **Tuition:**

Full Program: \$750/699 if paid by Sept. 5, 2012  
Individual Yoga Classes: \$35 per class / \$125 for all 4 classes (save \$15)

**Location:** Tuxedo Park Community Hall  
202 29th Avenue NE, Calgary



**Martin Kirk, MSBME**, is a certified Anusara teacher since 2001 and has a Masters Degree in Biomedical Engineering. Martin's understanding of the body is extensive. Now legendary, his anatomy and therapy trainings are in great demand worldwide. 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 lives in Scottsdale, Arizona USA with his wife and son. [www.kirkyoga.com](http://www.kirkyoga.com)



**Coming Soon!**