

# Anusara Yoga® Weekend of Anatomy & Asana

with Martin Kirk & Noah Mazé  
September 23 - 25, 2011

Martin and Noah are excited to team up for a unique Yogaglo training, which will illustrate how the Anusara Yoga Universal Principles of Alignment™ are based upon sound biomechanical principles for the human body. Learning anatomy with Martin is inspiring and uplifting. He artistically weaves the anatomy with yoga poses, Anusara philosophy and John Friend's elegant Universal Principles of Alignment in such a way that the majesty and understanding of the human body is beautifully revealed. Martin has a gift of being able to educate total beginners while engaging the sustained interest of the yoga specialists, bodywork professionals and medical students/professionals. Noah's therapeutic teaching is informed by years of anatomical study, successful practice with rehabilitating injured students and his experiential knowledge of the body and its innate healing capacity. Noah's gifts of lucidity and clarity are key to helping each student grasp the concepts presented.

Students' understanding of the Anusara Universal Principles of Alignment, and their personal practice are raised to new level of mastery in training with these teachers. Come prepared to soak up a wealth of information.

## Friday:

1:00pm - 4:00pm The Temple Core: Anatomy of the Spine

5:00pm - 8:00pm Master Yoga Class – Twists and Inversions

## Saturday:

9:00 - Noon The Temple Gateway: Anatomy of the Shoulders

1:30pm - 4:30pm Master Yoga Class – Back Bends

## Sunday:

9:00am - Noon The Temple Cornerstone: Anatomy of the Pelvis

1:30pm - 4:30pm Master Yoga Class – Hip Openers

Cost: Whole weekend early: \$320 / Whole weekend after 9/9: \$370  
Per session price \$70

Register here: [https://www.yogaglo.com/event\\_payment/28](https://www.yogaglo.com/event_payment/28)



Martin Kirk, RYT, 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 the co-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 with his wife and son. Martin Kirk is approved by the National Certification Board for Therapeutic Massage & Bodywork (NCBTMB) as a continuing education Approved Provider. [www.kirkyoga.com](http://www.kirkyoga.com)



Noah Mazé is celebrated in the yoga community as one of the most advanced and proficient practitioners and teachers of Anusara® Yoga. Noah worked as an outdoor educator and wilderness guide, helping people access the transformational power of nature. Noah was certified to teach Anusara® Yoga in 2002. Widely sought out as a teacher's teacher, Noah is one of only twelve individuals worldwide serving on the Anusara® Yoga Curriculum Committee. He also sits on Anusara® Yoga's Certification Assessment Committee. Noah maintains an active local, national and international teaching schedule. He lives in Los Angeles with his wife, Tracy, their sweet toddler, Madeleine, and four rescued four leggeds. [www.noahmazeyoga.com](http://www.noahmazeyoga.com)



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