

**Feb
28th-
March
1st
2-Day
Workshop
with
Martin Kirk
Maryville,
Tennessee**



Join Maryville native Martin Kirk as he weaves together yoga therapy and kinesthetic anatomy with playful yoga classes. Martin will teach anatomy as you practice each pose to help you learn it in your body! Individualized Yoga Therapy will allow you to get specific help for your own body as we learn together. Fall in love with the majesty of the human body through artful slide-show presentations, therapeutic adjustments and practices designed to deepen your awareness of how your body optimally aligns itself for greater health. All levels welcome!

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 _____

Please Mail Checks to: 1906 East Lamar Alexander Parkway, Maryville, Tennessee 37804

Tuition:

Full Workshop: \$170 (\$140 if paid by 2/14/15)

Individual Classes: \$55 (3hr), \$75 (4hr)

Times:

Sat: 9:00-12:00 pm Strong & Free: Asana & Yoga Therapy for Shoulders, Arms & Hands

Sat: 1:00-5:00pm Earth First: Asana + Individualized Yoga Therapy for Feet and Hips

Sun: 9:00-12:00 pm Mastering Hip Openers

Location of Workshop:

Chilhowee Club, 233 Clarion Avenue, Maryville, Tennessee



Martin Kirk, ERYT-500, MSBME has been practicing yoga since 1993 and teaching since 1995. He earned his certification in 2001. His love of learning about the body fuels his continuing studies with masters in the fields of anatomy & therapeutics. Martin is known for bringing precision, clarity, and playfulness to his exuberant teaching style. He is widely recognized for his innovative webinars and international offerings in Anatomy, Therapeutics and Teacher Training. 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.

