

# Anusara Yoga Weekend Workshop

## "Seeing the Sacred in All Things"

### with Martin & Jordan Kirk

### September 25 - 27, 2009



#### Contact:

Ali Certain

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

Join Certified Anusara® Yoga teachers Martin and Jordan 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!**



Fri 1:30 - 4:30 pm Special Low Back & Shoulder Therapeutics  
 "Reveal to Heal" - \$50  
 6:00 - 8:00 pm Mastering Handstand  
 "Conquering Fear" - \$35



Sat 10:00 - 1:00 pm Backbends Breakthrough - \$50  
 3:00 - 5:00 pm Hip Openers - \$35  
 "Expansion from within"



Sun 11:30 - 2:30 pm Arm balances Clinic - \$50



#### Tuition:

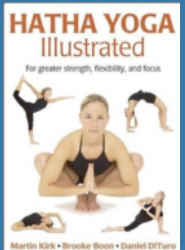
Full Weekend \$195 if paid by Sept 11 (save \$25)

#### Location:

Clouds in Water ZEN Center  
 308 Prince St Suite 120  
 St. Paul , MN 55101



Martin and Jordan Kirk are Certified Anusara Yoga Instructors with a reputation for excellent and inspiring Workshops, Immersions, Anatomy, Therapeutics and Teacher Trainings. With a Masters Degree in Biomedical Engineering, Martin has a special gift for teaching anatomy and therapeutics. He is the author of the highly successful book, *Hatha Yoga Illustrated*. Jordan, a master story-teller, weaves Tantra philosophy, asana and the everyday Sacred into a rich tapestry to awaken the human spirit. Martin and Jordan are co-writing (with Ellen Saltonstall) the *Anusara Yoga Manual of Anatomy and Kinesiology*. They live in Scottsdale, AZ with their son, Jonathan. For more information: [www.kiryoga.com](http://www.kiryoga.com)



#### REGISTRATION FORM:

NAME: \_\_\_\_\_

Please check desired Sessions:

PHONE: \_\_\_\_\_

Friday 1:30 - 4:30 \_\_\_\_\_

ADDRESS: \_\_\_\_\_

6:00 - 8:00 \_\_\_\_\_

Saturday 10:00 - 1:00 \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

3:00 - 5:00 \_\_\_\_\_

Sunday 11:30 - 2:30 \_\_\_\_\_

Tear off form and send check payable to: Ali Certain 4541 Ewing Ave S Minneapolis, MN 55401