



**Springs Yoga presents  
Anusara Weekend Workshop  
January 8-10, 2010**

## **Seeing the Sacred in All Things with Martin Kirk**

Join Certified Anusara® Yoga teacher Martin 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!**



## **WORKSHOP SCHEDULE**

### **Friday, Jan 8**

- 6:00p-8:00p **Hip Openers for Everyone**  
"Expansion from Within" \$35

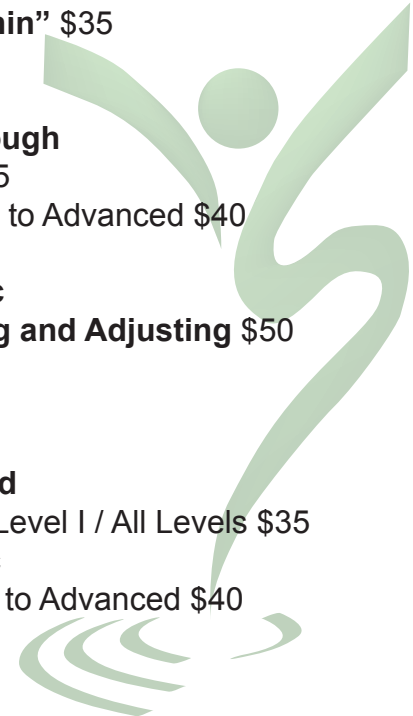
### **Saturday, Jan 9**

#### **Backbends Breakthrough**

- 9:00a - 11:00a Level I / All Levels \$35
- 11:30a - 2:00p Level II / Intermediate to Advanced \$40
- 3:00p-6:00p **Special Teachers Clinic**  
**The Art of Sequencing and Adjusting** \$50

### **Sunday, Jan 10**

- 9:00a - 11:00a **Mastering Handstand**  
"Conquering Fear" Level I / All Levels \$35
- 11:30a - 2:00p **Arm Balances Clinic**  
Level II / Intermediate to Advanced \$40



Springs Yoga presents  
Anusara Weekend Workshop  
January 8-10, 2010

## Seeing the Sacred in All Things with Martin Kirk

### WORKSHOP SCHEDULE

Mark box next to class / classes attending

#### Friday, Jan 8

- 6:00p-8:00p Hip Openers for Everyone  
"Expansion from Within" \$35

#### Saturday, Jan 9

Backbends Breakthrough

- 9:00a - 11:00a Level I / All Levels \$35  
 11:30a - 2:00p Level II / Intermediate to Advanced \$40  
 3:00p-6:00p Special Teachers Cinic  
The Art of Sequencing and Adjusting \$50

#### Sunday, Jan 10

- 9:00a - 11:00a Mastering Handstand  
"Conquering Fear" Level I / All Levels \$35  
 11:30a - 2:00p Arm Balances Clinics  
Level II / Intermediate to Advanced \$40  
 **Whole Weekend \$205**

Springs Yoga Studio  
4920 Roswell Road, Suite 3, Atlanta, GA 30342 404.781.YOGA (9642)

### Springs Yoga Workshop Registration Form

Name \_\_\_\_\_

Phone (home) \_\_\_\_\_

Phone (work) \_\_\_\_\_

Address \_\_\_\_\_

City / State / Zip \_\_\_\_\_

Email Address \_\_\_\_\_

**To send Registration by Mail - please send to our mailing address:  
(\*NOTE: This is NOT the studio location)**

**Springs Yoga Studio  
6595 G Roswell Road  
No. 658  
Atlanta, GA 30328**

Payment Options: (Check One)

- Check (Enclosed)  
 Credit Card (circle one) Visa / Mastercard / AMEX

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Signature: \_\_\_\_\_

Springs Yoga Studio  
www.springsyoga.com