

## Hatha Yoga Illustrated Martin Kirk

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Martin Kirk is an Anusara certified yoga instructor and a registered yoga teacher with Yoga Alliance. He has studied with John Friend, Anusara Yoga founder, since 1994. Kirk and his wife, Jordan, are owners and directors of teacher training for Yoga Village in Phoenix, Arizona.

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He has authored the best-selling book, Hatha Yoga Illustrated which has been translated into seven different languages and is utilized widely for yoga teacher trainings. As a Biomedical Engineer, Martin teaches how a skillful balance of alignment can be interwoven with a deep understanding of anatomy and therapeutics.

### About Martin Kirk, MSBME, BSEE, ERYT-500 - Kirk Yoga

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Hatha Yoga Illustrated is an excellent all around book on yoga. The visual images of the poses are clear, there is a great deal of helpful information concisely presented. The book is devoid of the superflous "blah-blah" so often present in yoga books.

**Hatha Yoga Illustrated book by Daniel DiTuro**

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