

Hatha Yoga Illustrated Martin Kirk

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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 by Kirk, Martin; Boon, Brooke; Dituro, Daniel. This book has proven invaluable to me and I recommend it to anyone who is looking for an introduction to Yoga. Strength Training and Conditioning. The result is an increase in the effectiveness, both physically and mentally, you'll experience yoag each pose.

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