

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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