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Hatha Yoga Illustrated: For Greater Strength, Flexibility, and Focus by Martin Kirk. International Journal of Sport Communication. Very clear, easy to use. Martin Kirk is an Anusara certified yoga instructor and a registered yoga teacher with Yoga Alliance. Very good book for beginning yogis.

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Hatha Yoga Illustrated by Martin Kirk, Brooke Boon, and Daniel DiTuro. " Hatha Yoga Illustrated makes the theory and practice of hatha and Anusara yoga accessible so that everyone can experience the healing, creative and empowering journey of self-practice. The section on various vinyasa sequences is a hard-to-find gem. "

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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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