

Open Sky Yoga
presents



Carla Anselm has been a student of yoga for over a decade. She began her training in 2001 at Shakti Yoga Center in New York City. Continuing her training within the Iyengar tradition, Carla completed François Raoult's Essential Teacher Training and Advanced Teacher Training at Open Sky Yoga Center in 2007.

In 2009, she was certified as an Advanced Restorative Yoga Teacher by Judith Lasater. Carla is also an experienced doula and prenatal yoga teacher. Filled with curiosity and the call to live her yoga practice with an authentic voice, Carla continues her studies with both François Raoult and Dr. Douglas Brooks.

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Essential *Prenatal* & *Postpartum* Yoga Teacher Training

with **Carla Anselm** RYT 500, Doula

May 4-5 and June 1-2

The Open Sky Essential Prenatal and Postpartum Yoga Teacher Training offers already certified yoga teachers the opportunity to learn how to safely guide pregnant students through each trimester of pregnancy including the postpartum period. Learn to adapt yoga practice to support, nourish and honor the journey of pregnancy, as well as the benefits of practice and the contra indications. Teachers will explore the anatomy and physiology of the birth process alongside yogic philosophy in order to safely welcome pregnant students into their classes with confidence. Through sounding, relaxation, pranayama and modified asana we engage techniques to harness the inner strength, focus and stability called for in childbirth and motherhood to promote health and well-being. The 20 hour course makes one eligible for Open Sky certification with the completion of an additional case study and creative homework assignments. A book list will be sent upon acceptance into the program.

Location: 5 Arnold Pk., behind Zen Center

Time: Saturday noon-6pm *with a tea break*
Sunday 9-12 and 1:30-4pm

Fees: \$715 for both weekends

(includes handouts and home work assignments for certification). No discounts.



Send your check or charge to: Open Sky Yoga Center, 19 Birch Crescent, Rochester, NY 14607

Name _____

Address _____ ZIP _____

Phone _____ E-mail _____

Visa MasterCard Name on card _____

Credit card number _____

Exp. date _____ Verification Code (three-digit number on back of card) _____

Enclosed is my check for \$ _____, payable to Open Sky Yoga.

No refunds unless you find somebody to take your place.

Prenatal & Postpartum YTT