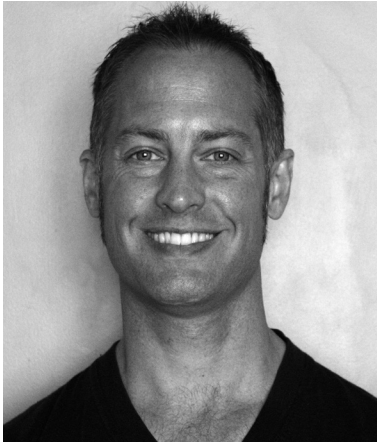




Open Sky Yoga

“The principles of yoga do not discriminate, yoga poses do”—Matthew Sanford  
“Alignment and precision create an effortless form of mind-body integration.”—Matthew Sanford



# Introduction to adaptive yoga

with Michael Amy MSPT, RYT500, OYI

**October 25-27, 2019**

**Friday 6-9pm, Saturday 1-6pm, Sunday 9-4pm \$250**

*Michael Amy MSPT, RYT500, OYI a licensed Physical Therapist with 20 years' experience and a Registered Yoga Teacher at Open Sky Yoga in Rochester NY. Michael completed (OYI) Opening Yoga Instructor Certification through Matthew Sanford's Mind Body Solutions program in 2016 and continues ongoing annual participation in Advanced Studies at MBS furthering his knowledge and expertise enabling access to yoga for all. Michael synthesizes his knowledge of anatomy, physiology, neuromuscular function and the principles of movement to help yoga students and physical therapy clients discover their inner sense of freedom.*

585-301-4416

[www.openskyyoga.com](http://www.openskyyoga.com)  
[yogawave108@gmail.com](mailto:yogawave108@gmail.com)

5 Arnold Pk., behind Zen Center

An introductory experiential yoga workshop exploring basic asana, subtle body sensation, and how the universal principles inherent in every yoga pose can be accessed by every body regardless of physical ability or trauma. This workshop is intended for yoga teachers and practitioners from all yoga backgrounds and health-care providers. Adaptive/inclusive yoga is more than modifying



yoga poses and is a dive into self-exploration, and the essence of yoga-connection. Students will be introduced to basic concepts of adaptive/inclusive yoga through experiential practice, hands on experience, adjustments enhancing the mind-body relationship to enable access to the benefits of yoga for everybody, every ability. It will include the observation of an adaptive yoga class.

*Course is valid for 15 Continuing Ed Credits through Yoga Alliance for current yoga teachers.*

Send your registration (check or charge) to: **Open Sky Yoga Center, 7 Arnold Park, 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.

*Adaptive19*