



Awakening the Fluid Body

Yoga and Sound

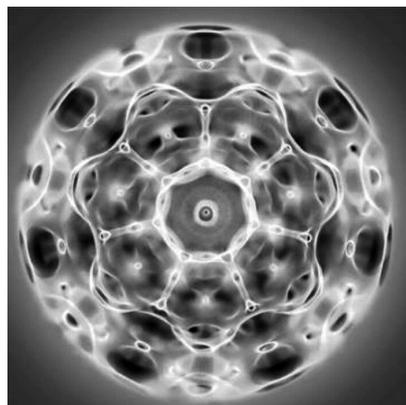
with **ANDREA ESCOS & MICHAEL JAY**

The fluids are the transport system of the body. They underlie presence and transformation and play a major role in the overall counterbalancing of tension and relaxation, rest and action. All the fluids in the body are essentially one fluid that changes properties and characteristics as it passes through different membranes, flows through different channels and interacts with different substances. —BONNIE BAINBRIDGE COHEN

May 10, 2019 Friday 6-9pm Intro to the Fluid Systems and a **SOUND BATH**

May 11, Sat. 1-6pm Yoga practice, active and passive interspersed with Sound

In this workshop we will explore the 6 fluid systems in our bodies through a yoga practice of sensing, feeling and moving. We will practice key principles from an embodied perspective and learn how to evenly distribute force and weight throughout the body, to alleviate unnecessary stress on specific joints and muscles. The subtle body will support the form with vitality and greater access to the experience of Unity. We can use these guidelines in our asana, pranayama and meditation practice, awakening on a cellular level.



Sound is a powerful tool, used by ancient cultures and currently becoming validated for its healing qualities. Water is strongly affected by sound. Sound (including the Gong) will be used throughout this workshop to stimulate the subtle body and harmonize the expression of Self.

Friday only \$75, Saturday only \$120, Both \$160

www.openskyyoga.com yogawave@rochester.rr.com 5 Arnold Pk., behind Zen Center

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.

Andrea Escos, PT, RYT has been studying yoga for over 20 years, is a registered yoga teacher at Open Sky Yoga Center and combines her teachings with her knowledge of physical therapy. She has been working with the body-mind relationship and enjoys bridging Eastern science with Western medicine. Strongly influenced by Iyengar teachers, Andrea continues her studies with Bonnie Bainbridge Cohen and Arthur Kilmurray in accessing the subtle body. Andrea shares her joy of finding yoga in a practical, mindful and playful manner.



Michael Jay is a health coach who has studied Shiatsu with Ohashi and is a Reiki master. He has continued his studies of tuning forks in the Biosonics and Acutonics systems and has been studying and teaching the gong with gong master Don Conreaux for the past 6 years. Michael is the founder of SVAHA (Sound Vision Alchemy for Harmonic Attunement). Michael also provides free, weekly vibrational services for women with cancer in NYC and performs in sound baths all over NYC and throughout the East Coast.