



Carla Anselm, ERYT 500 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.

For information:

www.openskyyoga.com
yogawave@rochester.rr.com

Location:

5 Arnold Pk., behind Zen Center



Open Sky Yoga *presents*

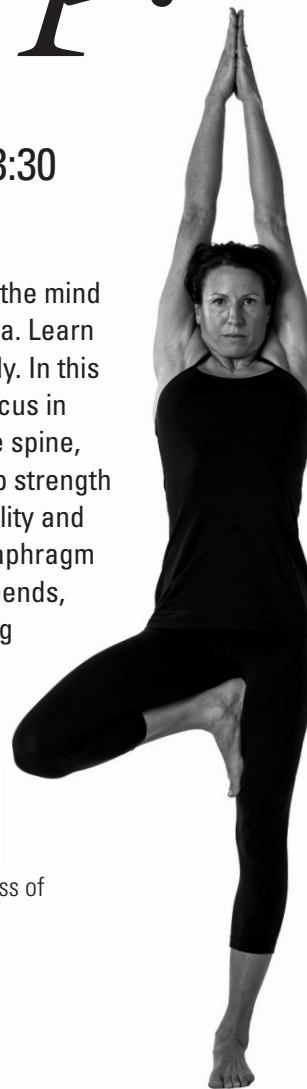
Ascending Vayus: Rise Up!

with Carla Anselm, ERYT 500

April 7, 2019 9-noon, 1-3:30

\$120 for the whole day

Rise up! Ascending vayus alert and focus the mind when disciplined by asana and pranayama. Learn to lift yourself up physically and figuratively. In this workshop the upper body will be the focus in active and restorative asana. Enliven the spine, shoulders, arms, wrists and hands. Develop strength and coordination while focusing on mobility and stability. Broaden the wing span of the diaphragm bringing ease to standing poses, backbends, forward bends, rotations, beginning inversions and arm balances.



स्थिरसुखमासनम्

sthira-sukham āsanam

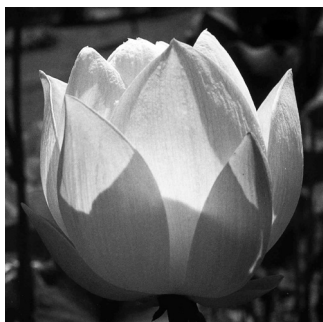
"Asana is perfect firmness of body, steadiness of intelligence and benevolence of spirit."

"The Seat is steady and comfortable."

Patanjali Sutra II.46

All levels are welcome.

Send your check or charge to: Open Sky Yoga Center, 7 Arnold Park, Rochester NY 14607



No refunds unless you find somebody to take your place.

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.