



Open Sky Yoga *presents*

Abhyasa & Vairagya

A day of practice with **Carla Anselm, ERYT 500**



Carla Anselm, ERYT 500 has been a student of yoga for over a decade. She began her training in 2001 at Sbatki 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

May 21, 2017 9-noon, 1-3:30

AM: Yang PM: Yin

This workshop will include inversions, vertical axis explorations, restorative yoga and sound.

1.12

SUTRA

अभ्यासवैराग्याभ्यां तन्निरोधः ।

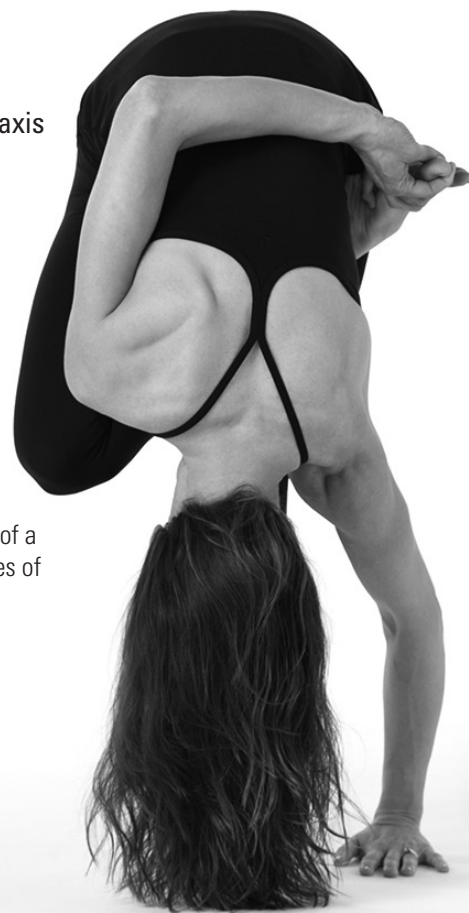
abhyāsa-vairāgyābhyām tan-nirodhaḥ

"Abhyasa and vairagya are often compared to the wings of a bird, and every yoga practice must include equal measures of these two elements to keep it aloft" —Richard Rosen
Never give up AND always let go!

\$95 Priority for those attending the whole day.

\$60am/ \$45pm if space allows.

All levels of students are welcome as we will modify poses using props to adapt to students needs and levels of experience.



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

Name _____

Address _____ ZIP _____

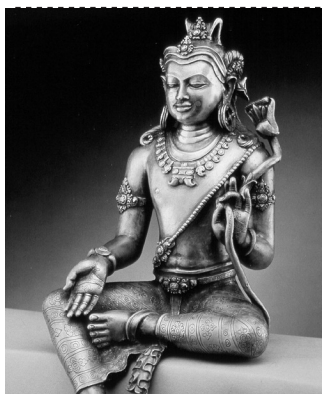
Phone _____ E-mail _____

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.



No refunds unless you find somebody to take your place.