



Open Sky Yoga *presents*

Core/Pelvic Floor *in* Asana

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

September 30, 2018

9-noon, 1-3:30

We will practice standing, seated and inverted postures, highlighting the engagement and release of our core and pelvic floor muscles. We will develop concentration (dharana) and mindfulness as we challenge our physical and inner strength through postural alignment, pranayama and restorative poses.

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

\$120 for the whole day

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



Carla Anselm, ERYT 500 has been a student of yoga for over a decade.

She began her training in 2001 at Shatki 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,

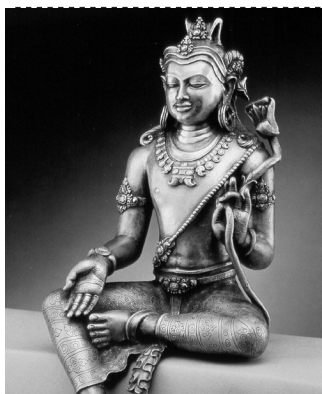
Carla continues her studies with both François Raoult and Dr. Douglas Brooks.

For information:

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

Location:

5 Arnold Pk., behind Zen Center



No refunds unless you find somebody to take your place.

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.