



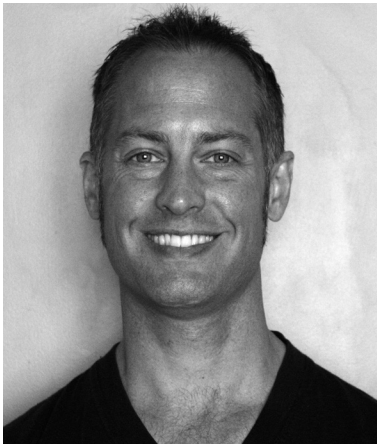
Open Sky Yoga

presents

# Hips to Shoulders

## Connecting Anahata & Svadhisthana

with Michael Amy MSPT, E-RYT, OYI



*Michael Amy, MSPT, YAI500, E-RYT200 a licensed Physical Therapist with 20 years' experience and a Registered Yoga Teacher at Open Sky Yoga in Rochester NY. Additional training includes Relax and Renew® certification with Judith Lasater, Pranayama with Richard Rosen, Fascial Release with Tom Myers, Continuing the Journey with Arthur Kilmurray, and OYI Certification/Adapting Yoga for Disability Level 1, 2 and Advanced Studies with Matthew Sanford. 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.*

**\$120** for the whole day.

10% discount for seniors and students

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

5 Arnold Pk., behind Zen Center

**Sun. March 3, 2019**

**10am-4pm**

Qualifies for 6 Yoga Alliance CEU's

An interactive workshop exploring the hips and shoulders—integrating experiential anatomy, biomechanics, and alignment for improving joint integrity, stability, and function.

We will investigate safe hip openers through active standing poses preparing for inversions. Dive deep into the “deep 6” hip rotators, journeying around the hip. Uncover restorative poses that support and nourish the balance between movement, life and letting go.

De-mystify scapulohumeral rhythm, rotator cuff function. Explore the role of kyphosis and posture in relationship to breath. Learn how to minimize impingement syndrome and develop safe patterns in active asana and inversions. Explore restorative practices that support Anahata Chakra, inviting breath, stillness and compassion



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.

Michael 19