



Yoga for

Self-Care

with Michael Amy, MSPT, RYT



Open Sky Yoga

Michael Amy, MSPT, RYT, is a Registered Yoga Teacher at Open Sky and a licensed Physical Therapist with 20 years of experience. He completed Essential Teacher Training with Francois Raoult and Relax and Renew ® certification with Judith Lasater. Michael also has studied Pranayama with Richard Rosen; Fascia Release with Tom Myers; Visual & Verbal Yoga for Deaf and Blind Yoga Students; and Opening Yoga/Adapting Yoga for Disability with Matthew Sanford of Mind Body Solutions. 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.

For more information e-mail michaelamyogapt@gmail.com or yogawave@rochester.rr.com. Full class schedule online at www.openskyyoga.com

Reconnect with the body, the self, and the inner sacred center. Learn to give and receive simultaneously finding a renewed sense of equanimity.

Discover methods and techniques for self-care through active and restorative yoga, relaxation, meditation, and breath work promoting a sattvic rejuvenated state of being.

This workshop is ideal for all students interested in self-care, stress management and discovering an embodied practice. No prior yoga experience required.

Sunday
March 26, 2017
9:00am - noon
1-3:30 (with lunch break)
\$95

Open Sky
Yoga Center
5 Arnold Park
(behind Zen Center)

The greatest gift you can give to somebody is your own personal development.

I used to say, 'If you will take care of me, I will take care of you.'

Now I say, 'I will take care of me for you, if you will take care of you for me.'

— Jim Rohn



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.