



Celebrating the Solstice

From Darkness to Light—inside.



with **Carla Anselm** ERYT500

Friday, December 21, 2018, 6-9pm

\$65 15% discount for students & seniors

A restorative yoga seminar in the tradition of BKS Iyengar

In this seminar, you will practice supported restorative poses, refine the adjustments of the body and props for optimal comfort and release. Deep rest and deep breathing counteract the effects of stress on the immune system and promote relaxation response.

Carla Anselm ERYT500 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.

No previous yoga experience necessary.

Come and enjoy an evening of deep relaxation.



**Open Sky
Yoga Center**
5 Arnold Pk.
behind Zen Center

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www.openskyyoga.com



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.

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Enclosed is my check for \$ _____, payable to Open Sky Yoga.