



Open Sky

Y o g a C e n t e r

Celebrating the Solstice

With **Rick Lynch**

Dec. 16, 2011, 5-7:30pm \$45 *15% discount for students & seniors*

A restorative yoga seminar in the tradition of BKS Iyengar

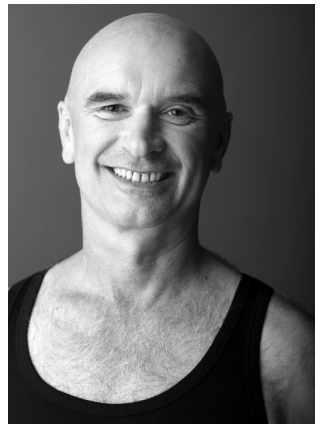
In this seminar, you will practice supported restorative poses, refine the adjustments of the body and props for optimal comfort and release. Deep rest and deep breathing counteract the effects of stress on the immune system and promote relaxation response. No previous yoga experience necessary. Come and Enjoy an evening of deep relaxation.

RICK LYNCH is an Open Sky yoga teacher and director of the Finger Lakes Yoga center. A student at Open Sky (then called the Center for Aplomb and Yoga) since opening day in 1985, he has trained extensively with senior Iyengar teachers.

OPEN SKY YOGA CENTER

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585 244-0782 www.openskyyoga.com



John Myers

To register by mail, send check to: **Open Sky Yoga Center, 19 Birch Crescent, Rochester, NY 14607**

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