



Open Sky

Fascia & Posture

Adam William Ayers

is a 500-Hour E.R.Y.T., a Licensed Massage Therapist and a Certified Relax and Renew Trainer. Adam began teaching yoga in 2001 shortly after his introduction to the practice at age 19 and has taught throughout the United States and on the faculty of Denver and San Francisco teacher training. Adam studied with Judith Hanson Lasater, Francois Raoult, Donald Moyer, Richard Rosen, and Desiree Rumbaugh. In 2016, he founded YoGay Yoga, a creative program for expanding the benefits of Yoga to the LGBTQ community. Adam emphasizes a playful exploration of postural alignment and brings a diverse background of anatomy, yoga and mindfulness.

Explorations of the anatomy trains

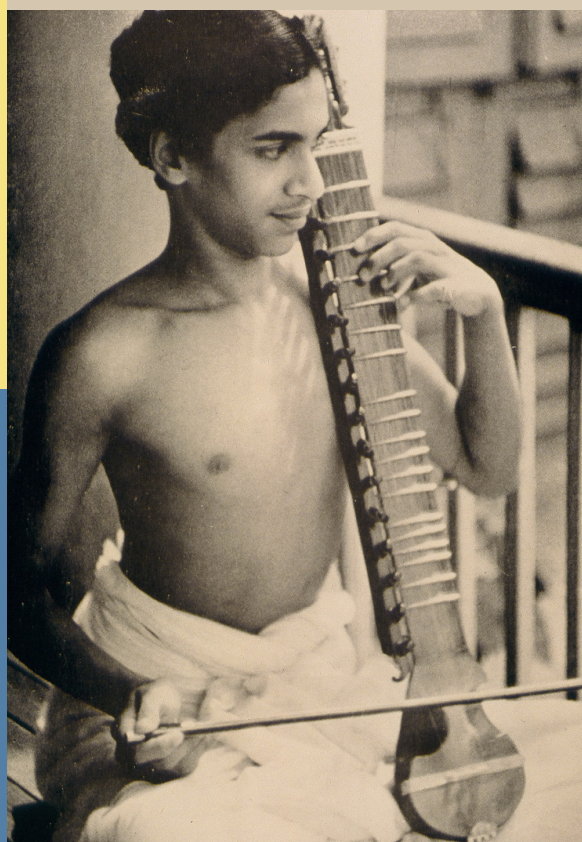
Release the back line,
open the front line,
tone the back line and the front line....
Afternoon will include
somatic unwinding and Savasana

ADAM AYERS

**Saturday,
Nov 21, 2026**

10-4:30pm *with lunch break*

\$125



Open Sky Yoga Center
5 Arnold Park
Rochester, NY
(Carriage house
behind the Zen Center)

www.openskyyoga.com
yogawave108@gmail.com

Please, register online at www.openskyyoga.com