

IN PERSON at OPEN SKY CENTER and ONLINE SEMINAR through **ZOOM** 

ABSĀSANA!

abs & asana



with **Carla Anselm** E-RYT 500

June 18-19, 2022

Saturday 3-6pm EST In Person (5 Arnold Pk, Rochester NY) **\$75**

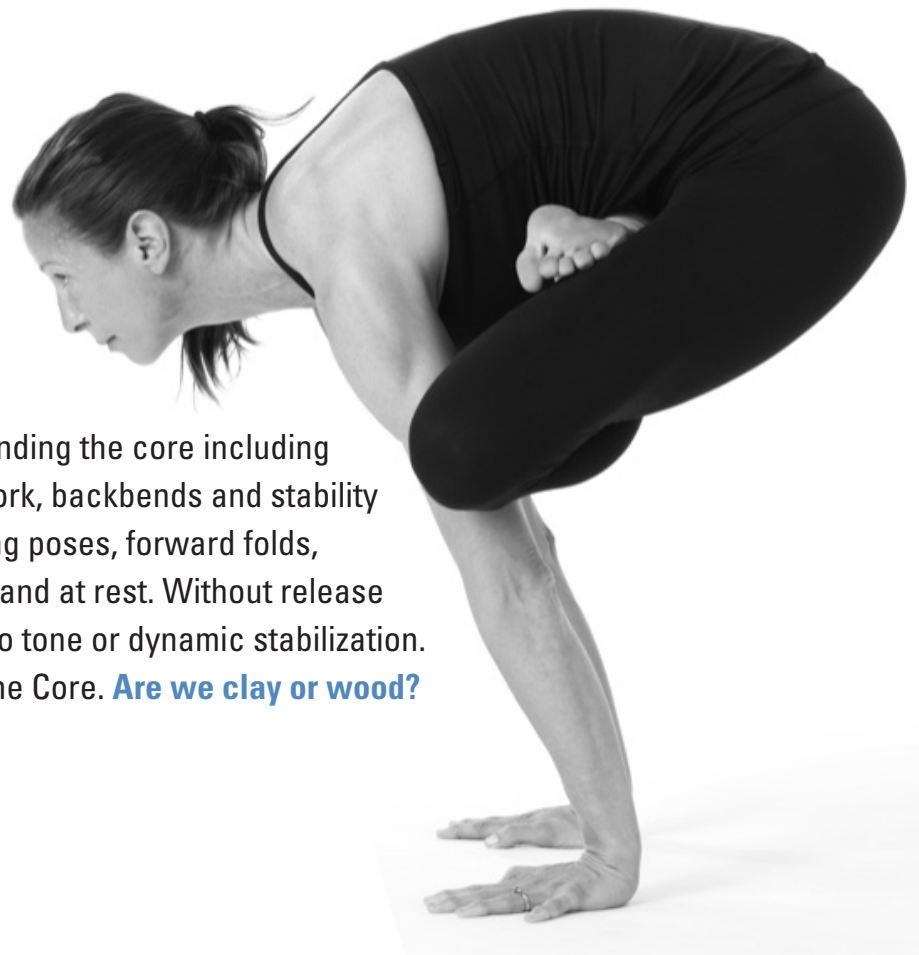
Sunday 9-12 EST ZOOM (Worldwide) **\$60** (Recorded)

All levels of participants are welcome.

Carla Anselm E-RYT 500, IYA 500, has been a teacher of yoga for 2 decades. She began training in 2001 at Shakti Yoga Center in NYC then completed François Raoult's Essential and Advanced Yoga Teacher Training, Judith Lasater's Advanced Restorative Teacher Training and Elise Miller's Yoga for Scoliosis. Carla is an experienced Doula and teaches Prenatal and Postpartum Yoga. She is on the faculty of the Advanced Yoga Teacher Training in Brussels Belgium and Rochester, New York, as well as the Open Sky Yoga Therapy Teacher Training with an authentic voice and filled with curiosity, Carla continues her yoga Journey.

**RECORDINGS OF SUNDAY
WILL BE AVAILABLE FOR
THOSE NOT ATTENDING LIVE.**

Understanding the core including breath work, backbends and stability in standing poses, forward folds, rotations and at rest. Without release there is no tone or dynamic stabilization. Explore the Core. **Are we clay or wood?**



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Please, pre-register online @ **www.openskyyoga.com** to reserve your space.