



FASCIĀSANA!

Asana & Fascia Connections



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.

Everything you need to know about the fascia...

Discover why fascia is so essential to life and health with illustrated anatomy lectures, yoga, and somatic practices. In this experimental workshop, we will explore how fascia responds to pressure and stretch using ball work, a foam back roller, and asana. The afternoon will also include sound, somatic unwinding, and a long savasana!

ADAM AYERS

**Saturday,
April 4, 2026
2-5 pm \$90**

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

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Please, register online at www.openskyyoga.com