

The NECK

ANDREA ESCOS

Saturday August 16, 2025 10-1pm \$80

Open to all students and teachers.

The neck, more than just part of the spine, it is the bridge between the heart and the mind. Its role is crucial in Tadasana, pranayama and meditation but it's also vulnerable to physical, emotional and mental stressors. In this workshop we will explore anatomy and healthy movements of the head, neck and shoulders. So many precious nerves and pipes travel across the neck... We will practice asana to lengthen and strengthen the cervical spine as well as restorative yoga or deep release. Proper alignment allows for a greater pranayama and meditation practice.



Andrea Escos PT, RYT-500

Andrea is a long-time student and teacher of yoga, graduating from the Open Sky Yoga Center in 2007 and studying with various Senior Iyengar teachers. She brings understand from over 30 years of practice as a physical therapist to support the art of Yoga through science and experiential practice of self-awareness. Andrea teaches an insightful, playful, and practical class for all levels.

**IN PERSON
ROCHESTER, NY**

**Open Sky Yoga Center
5 Arnold Park
(behind Zen Center)**

"You must relax the neck and head as well. If you keep the back skin of the neck passive and the tongue soft, there is no tension in the brain. This is silence in action, relaxation in action." —BKS Iyengar



Please register online at www.openskyyoga.com