

Yoga and Nature Photography

with Becky Lyons, RYT-500

Sunday, April 26, 2020





Visual Harmonics

Yoga and a photographic exploration of the natural world.

Sunday, April 26, 2020, 9:00am – 4:00pm

\$120 for the whole day

Open Sky Yoga, 5 Arnold Park, Rochester, NY 14607



***Becky Lyons**, RYT-500 was initially drawn to the physical and athletic aspects of Yoga. Becky completed Essential Teacher Training and Advanced Teacher Training with Francois Raoult, as well as Prenatal and Postpartum Teacher Training with Carla Anslem. She has continued her training and exploration of Yoga, attending many workshops with Judith Hanson Lasater, Richard Rosen, Arthur Kilmurray, Hervé Blondon and Martine Le Chenic as well as international retreats in India, Crete and Stromboli with Francois Raoult.*

To walk slowly in nature, taking time to observe the beauty of all that surrounds us, can be a deeply grounding meditation. To take in Mother Nature with all of our senses reminds us that we are one with the natural world.

Join **Becky Lyons**, RYT-500 and nature photographer, for this full day event. A morning Yoga practice to tune our attention will be followed by a brief discussion about photographic composition and techniques. Then, we'll head out to explore the abundant spring beauty of the garden and neighborhood around Open Sky. A lunch break will be followed by a restorative Yoga practice before we share our best photos to close out our day.

Students of all levels of experience are welcome. Please bring a digital camera if you have one (DSLR cameras will work best). A limited number of cameras will be available for participants to use.

beckilyonsyoga@gmail.com
(585) 694-4030

yogawave@rochester.rr.com
www.openskiyyoga.com

Name : _____

Address: _____

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