



Open Sky Yoga Center

# *a Yoga Benefit Class for* ***The Center for Refugee Health***

The Center for Refugee Health is a primary care practice located at the corner of Alexander St. and Monroe Ave. in Rochester, affiliated with Rochester Regional Health. Since opening in August of 2014 the clinic has provided medical care to over 4,000 refugee patients in our community. They work closely with the local agencies who resettle approximately 800 refugees to Rochester each year, providing initial health screening and primary care for newly-arriving refugees from all over the world. Longtime Open Sky student and graduate of Essential and Advanced Yoga Teacher Trainings at Open Sky, Tonya Erdle, is a member of the small team of health care providers at the center dedicated to this important work, inspiring us to offer this benefit class.



***Sunday, January 14***

***9:00-11:00am EST***

***In-person class at the  
Open Sky Yoga Studio,  
5 Arnold Park,  
Rochester, NY 14607***

***Class is donation based.  
Contribute what you can  
with 100% of proceeds going  
to support patients of The  
Center for Refugee Health.***



***Pre-register to  
reserve your  
space at  
[openskyyoga.com](http://openskyyoga.com)***



**Becky Lyons, RYT500** was initially drawn to the physical and athletic aspects of Yoga. Becky completed Essential and Advanced teacher trainings with Francois Raoult as well as Prenatal and Postpartum teacher training with Carla Anselm. She has continued her training and exploration of Yoga, attending many workshops with Judith Hanson Lasater, Richard Rosen, and Martine Le Chenic and international retreats in Crete and India with Francois Raoult. A certified snowboarding instructor for 20 years, Becky brings what she has learned about alignment and movement from this experience to her Yoga practice. Also a nature photographer, Becky appreciates the similarity of the mindfulness she finds through observation in her photography and through her Yoga practice. [beckylyonsyoga@gmail.com](mailto:beckylyonsyoga@gmail.com)