

Yoga for Women

Adapting Practice for Cyclical and Hormonal shifts.

with **Carla Anselm** ERYT500

Saturday, May 30, 1-5pm

\$95 15% discount for students & seniors



Carla Anselm

ERYT 500, RPYT, IYA 500

Carla has been a teacher of yoga for almost 2 decades. She began her training in 2001 at Shakti Yoga in New York City. Evolving within the Iyengar tradition, Carla completed Francois Raoult's Essential Yoga and Advanced Yoga Teacher Training, Judith Lasater's Advanced Restorative Yoga, and Elise Miller's Yoga for Scoliosis. Carla is also an experienced Doula and teaches Prenatal Yoga. She is on the faculty of the Advanced Training in Brussels, Belgium and Rochester, New York. Filled with curiosity, commitment and with an authentic voice, Carla continues her yogic Journey

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This workshop will explore modifications to our yoga practice and lifestyle as we adapt with our changing bodies from month to month and decade to decade. From PMS to menopause, yoga may reduce symptoms such as depression/moodiness, fatigue, cramps, headaches, and general discomfort producing a safe, grounding and balancing experience. We will clarify "how and why" through practical principles and applications so that the theory may become a personal practice. We will include anatomy and exercises to strengthen the pelvic floor awareness, harmonize breath and bandhas, move through active poses, restorative and supported poses including pranayama and meditation. Even if you do not have a menstrual cycle, all women have cyclical life conditions.

Beginners welcome!

Open Sky
Yoga Center
7 Arnold Pk.
behind Zen Center



Send your check or charge to:

Open Sky Yoga Center
7 Arnold Park,
Rochester NY 14607

No refunds unless you find somebody to take your place.

Name _____

Address _____ ZIP _____

Phone _____ E-mail _____

Visa MasterCard Name on card _____

Credit card number _____

Exp. date _____ Verification Code (three-digit number on back of card) _____

Enclosed is my check for \$ _____, payable to Open Sky Yoga.