

ZOOM  Open Sky

# Cooling off with Carla

**YOGA PRACTICES FOR THE SUMMER**

**August 1, 2021, 9am-noon EST, \$60**

In this workshop you will chill with forward bends. Receptive and mindfully pro-active. You will pacify Pitta with specific pranayama, such as viloma 2, sitali and sitkari. Cooling inversions and of course Savasana and refreshing music.



**Carla Anselm E-RYT 500.**

IYA 500, has been a teacher of yoga for 2 decades. She began training in 2001 at Shakti Yoga Center in NYC then completed François Raoult's Essential and Advanced Yoga Teacher Training, Judith Lasater's Advanced Restorative Teacher Training and Elise Miller's Yoga for Scoliosis. Carla is an experienced Doula and teaches Prenatal and Postpartum Yoga. She is on the faculty of the Advanced Yoga Teacher Training in Brussels Belgium and Rochester, New York, as well as the Open Sky Yoga Therapy Teacher Training.

With an authentic voice and filled with curiosity, Carla continues her yoga Journey.

**SESSION RECORDINGS**

will be sent to you if you miss part of the workshop or cannot attend in person.



585-330-7601 [www.openskyyoga.com](http://www.openskyyoga.com) [yogawave108@gmail.com](mailto:yogawave108@gmail.com)

Please, pre-register online @ [www.openskyyoga.com](http://www.openskyyoga.com) to reserve your space.