

ONLINE SEMINAR through **ZOOM** Open Sky

# the 4 limbs chatur-āṅga!



**Michael Amy, MSPT, E-RYT 500, OYI, C-IAYT** is a Registered Yoga Teacher at Open Sky, Certified Yoga Therapist and a licensed Physical Therapist with 20+ years of experience. Michael completed Essential Teacher Training with François Raoult and Relax and Renew® certification with Judith Lasater. Michael completed Opening Yoga Instructor for Adapting Yoga for Disability from Matthew Sanford's Mind Body Solutions. Michael synthesizes his knowledge of anatomy, physiology, neuromuscular function and the core principles of yoga and mindfulness to help yoga students, yoga therapy clients and physical therapy clients discover their inner sense of freedom and a sense of well-being. Michael teaches internationally and offers workshops, classes, 1:1 sessions, adaptive, therapeutic and restorative yoga instruction, for further information contact [michaelamyogapt@gmail.com](mailto:michaelamyogapt@gmail.com)

10h of **ANATOMY** with **Michael AMY**

**FEBRUARY 5 & 6 \$195**  
Saturday & Sunday 9am-2pm (EST)

**The spine seeks expression through the LIMBS.** —Matthew Sanford

We are opening the modules of experiential anatomy to all teachers and interested students. A great opportunity to study or review anatomy connected to Yoga practice and teaching.

Space will be limited (well not really, on zoom it is infinite !) but, if you dont mind, register early anyway ....

A kinesthetic journey of anatomical structure, physiology and function of limbs of the body from shoulders, hips, knees, ankles and toes. An experiential weekend taking time to explore the nuances and subtlety of anatomy, asana, alignment and biomechanics.

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