

ONLINE
SEMINAR
through
ZOOM Open Sky



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, contact michaelamyogapt@gmail.com for further information.

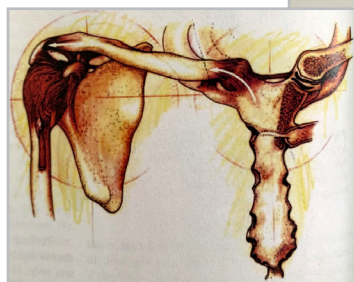
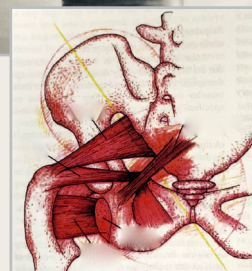
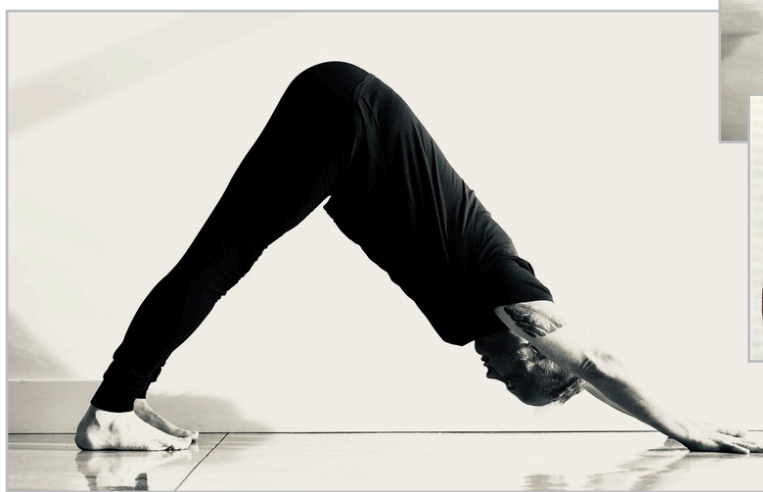
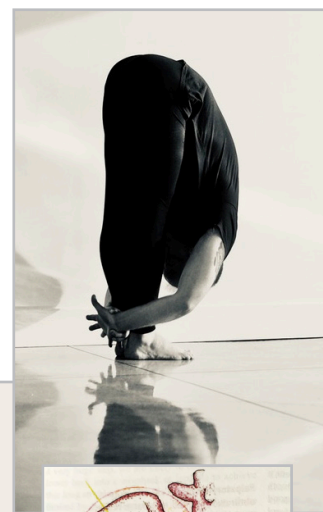


Exploring **HIPS &** **SHOULDERS**

with **Michael Amy** MSPT, E-RYT 500, OYI, C-IAYT

Saturday April 17, 2021 10-1pm \$60

An experiential based yogic exploration into hip openers, the deep six hip rotators and their foundational support for the spine, relationship between psoas and piriformis in upright posture, balancing stability, mobility, and function, nourishing the balance between movement, life, and letting go. Continuing on the experiential path exploring scapulo-humeral rhythm, rotator cuff function in shoulder stability, and posture through active asana, inversions, and restorative postures supporting Anahata chakra, breath, and stillness.



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www.openskyyoga.com

Open to seekers of all levels and teachers:
(3 Hours Continuing Education Credit through Yoga Alliance)

* Recording available if you cannot attend live.

Please, pre-register online at www.openskyyoga.com to reserve your space.