

**AUTUMN SERIES** 



## Attention is Devotion

th SATYA & ASANA

JO AMY

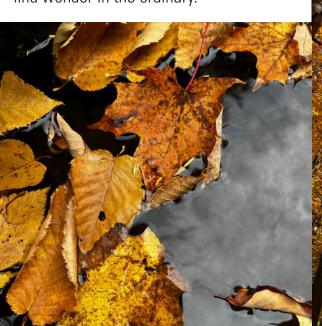
## **Jo Amy**

B.A.Philosophy, E-RYT 500, OYI Jo certified as an Ivengar Yoga teacher in 2008, studying extensively with UK senior teachers as well as Geeta and Abhijata lyengar. Jo has also trained with adaptive Yoga pioneer, Matthew Sanford since 2010 and studied SATYA (Sensory Awareness Training for Yoga Attunement) with Tias Little. She co-developed an adaptive Yoga teacher training program for the UK and Italy and "Positive Movement" a program for people with mobility impairments. Jo is a passionate teacher weaving the wisdom of the body and the principles of Yoga to create a deeper connection and inhabit life more fully. Jo teaches beginner, general and intermediate level classes as well as private sessions.

Open Sky Yoga Center
5 Arnold Park
Rochester, NY
(Carriage house
behind the Zen Center)

www.openskyyoga.com yogawave108@gmail.com www.yogashak.com In a world where patience is a rare commodity, we will slow down, take a little time and pay a little attention—both within and without—to the physical and the subtle body. Weaving together the practices of SATYA (Somatic Awareness Training for Yoga Attunement) and Asana for a mindful morning of movement designed to tune in, look deeper and find wonder in the ordinary.

Saturdays 9:00-11:30am September 7, 2024 October 26, 2024 November 23, 2024 \$70 per workshop





Please, register online at www.openskyyoga.com