



AUTUMN SERIES



Attention is Devotion

with

SATYA & ASANA

JO AMY

Jo Amy

B.A. Philosophy, E-RYT 500, OYI

Jo certified as an Iyengar Yoga teacher in 2008, studying extensively with UK senior teachers as well as Geeta and Abhijata Iyengar. 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.

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

October 26, 2024

November 23, 2024

\$70 per workshop



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

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Please, register online at www.openskyyoga.com