

ONLINE SEMINAR



EXPLORING the KNEE



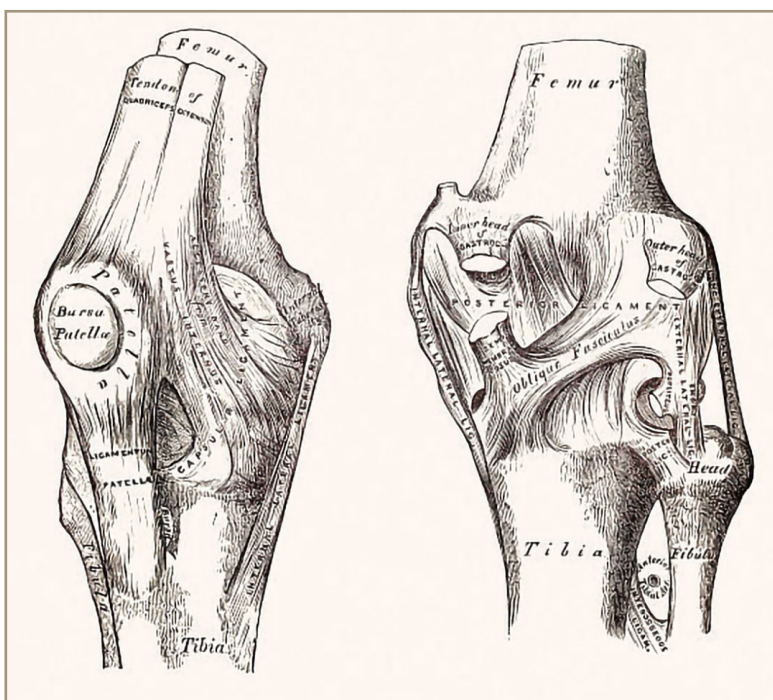
with **Michael Amy** MSPT, E-RYT 500, OYI, C-IAYT

January 22, 2022 10-1pm EST \$60

“Weak in the knees?”: Continuing the experiential journey of this often problematic hinge joint, the integrity of tracking, walking, climbing, transitioning against gravity, imbalance of the quadriceps and hamstrings due to prolonged sitting and the knees roll in putting one foot in front of the other on our chosen path. Exploring the balance of tone, flexibility, alignment, and space through standing poses, functional developmental movement patterns, and supported accessible inversions with therapeutic implications for injury and chronic pain.



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.



Open to all levels and teachers.
3 CEUs through Yoga Alliance Teachers.

* Recording available if you cannot attend live.



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