

Open Sky Yoga Center presents a

# Yoga Benefit for Lifespan

Sunday, December 6

All Zoom classes are donation based. 100% of donations go to Lifespan.

Contribute online at [www.openskyyoga.com](http://www.openskyyoga.com).

Take whichever class you choose or contribute generously and attend multiple sessions.

Unable to attend but interested in donating? All contributions to benefit Lifespan are gratefully accepted.



## Open Sky Yoga Center

Open Sky Yoga Center has been a significant presence in the Rochester Yoga community for more than 30 years, under the direction of François Raoult M.A., E-RYT500, C-IAYT. François began teaching in 1975. A year later, he started extensive training with the great yogi Sri B.K.S. Iyengar. He is dedicated to teaching yoga with awareness, integrity and compassion. Open Sky's faculty of certified teachers are devoted practitioners, with a strong foundation of training, ongoing exploration and experience. Teacher bios are available on our website. [www.openskyyoga.com](http://www.openskyyoga.com)



Founded in 1971, Lifespan helps older adults and caregivers take on the challenges and opportunities of longer life. As a regional nonprofit, Lifespan is a trusted source of guidance and more than 30 services and advocacy, including elder abuse intervention and prevention services, respite care for families caring for a loved one with Alzheimer's, transportation for medical appointments, guidance on Medicare and other health insurance options, and more. Lifespan assists nearly 39,000 older adults and their care givers each year. [www.lifespan-roch.org](http://www.lifespan-roch.org)



Mary Aman

**8:00am to 8:50am**

### "Wake Up, Stand Up"

Join Mary for our first session of the morning, exploring opening stretches and standing poses. A great way to build some energy for the day ahead!



Andrea Escos

**9:00am to 9:50am**

### Building Balance

Andrea will lead us through our second session, sharing essential practices to build stability and improve balance. A wonderful exploration for students of all levels of experience.



Becky Lyons

**10:00am to 10:50am**

### Essential Asana

Investigate alignment of classic poses like downward facing dog and bridge pose, presented with alternative approaches to modify each pose, in this active session with Becky.



Carla Anselm

**11:00am to noon**

### Gentle & Restorative

Closing out the morning, Carla will lead us through a series of gentle poses before settling into a restorative Yoga practice. Sure to be a restful end our sessions and a delightful transition to your afternoon!