

# Restorative Poses & Education for MENOPAUSE

3 WOMEN'S VOICES  
KINGA, SHEILA & CHRISTIANNE



**Kinga Kondor-Hines** LMHC NCC RYT  
Kinga found her passion for yoga some 30 years ago and completed Essential Teacher Training with François Raoult. In 2023 she celebrated 25 years of yoga at Open Sky. Kinga combines the language of therapy with principals of yoga: breath work, guided meditation, and restorative poses as a means for healing both on and off the yoga mat.



**Christianne Asper-Contant** CAS, E-RYT 500  
As a Clinical Ayurveda Specialist since 2003, Christianne is on a mission to help others reignite the flame that leads them to pursue greater balance in their inner and outer environments as a priority. Christianne lives in Rochester, NY, and is the Yoga director at The Assisi Institute.

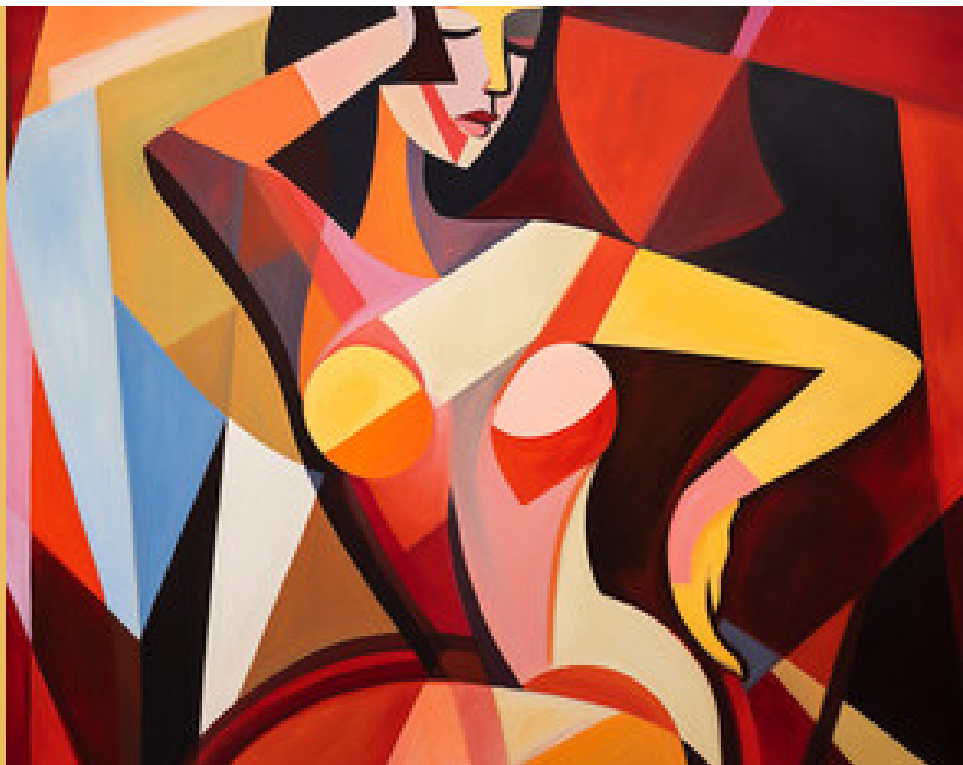


**Sheila Geen, Midwife** CNM, MSN  
Sheila has been a practicing midwife at University of Rochester Medical Center Department of OB/GYN since 2002. Sheila has a lifelong interest in women's health. In her current office-based faculty practice she provides prenatal and postpartum care, contraception care and menopause care.

**JUNE 23, 2024**  
**1-4pm \$108**

Join us for this three-hour restorative session to learn about Menopause from the perspectives of **Western Medicine**, **Ayurvedic Medicine** and **Yoga**. In the first hour, we will provide information from these three viewpoints (written packets included). The following two hours will consist of restorative poses that support women's bodies as they journey through perimenopause and menopause.

**5 Arnold Park, Rochester, NY**



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Please, pre-register online @ [www.openskyyoga.com](http://www.openskyyoga.com) to reserve your space.