

ALIGN ENTWINE REDEFINE

YOGA THERAPY/ EXPERIENTIAL ANATOMY



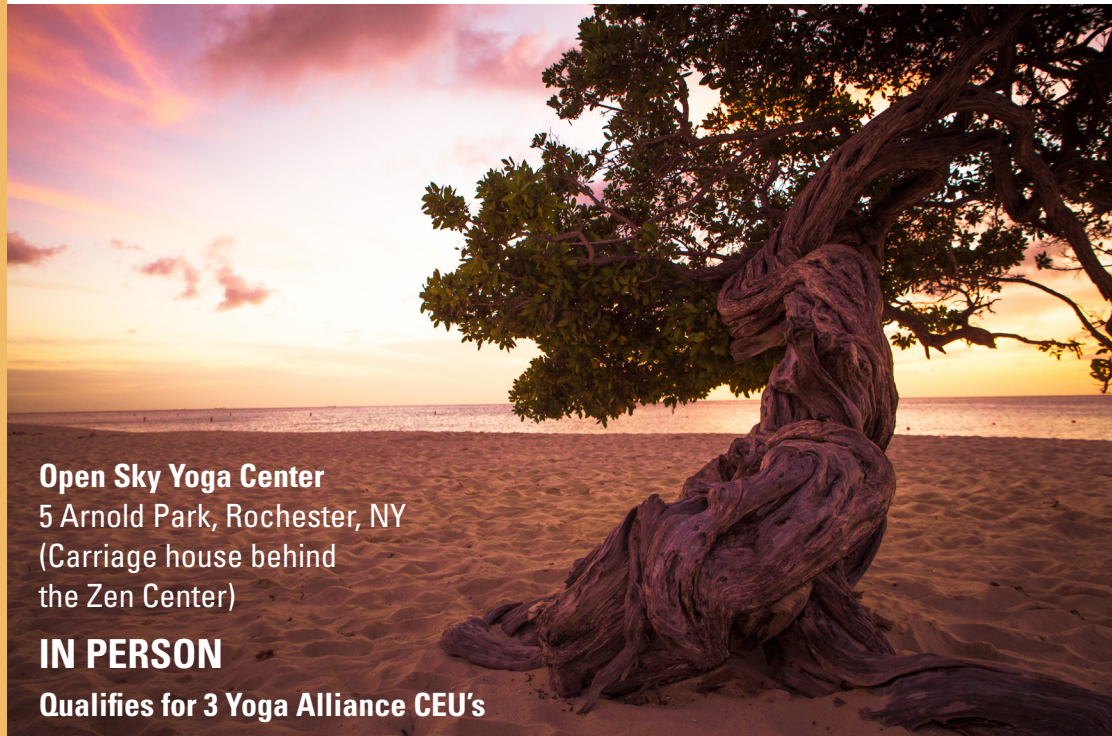
MICHAEL AMY, PT

February 4, 2024 10am-1pm \$80

Re-establish your relationship with gravity, exploring the deep front line and spiral lines that create the foundation for posture, health, movement and balance. An experiential dive into the psoas, intelligence of the organ body, and muscles along the central axis. Open to all levels, seekers, and teachers.

Michael Amy, PT, MSPT, RYT500, OYI

a licensed Physical Therapist with 20 years' experience and a Registered Yoga Teacher at Open Sky Yoga in Rochester NY. Additional training includes Relax and Renew® certification with Judith Lasater, Pranayama with Richard Rosen, Fascial Release with Tom Myers, Continuing the Journey with Arthur Kilmurray, and OYI Certification/Adapting Yoga for Disability Level 1, 2 and Advanced Studies with Matthew Sanford. Michael synthesizes his knowledge of anatomy, physiology, neuromuscular function and the principles of movement to help yoga students and physical therapy clients discover their inner sense of freedom.



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

IN PERSON

Qualifies for 3 Yoga Alliance CEU's

www.openskyyoga.com yogawave108@gmail.com

Please, pre-register online @ www.openskyyoga.com

