

Open Sky **CELEBRATING SPRING**

EQUINOX

Enjoy an afternoon of deep relaxation.

featuring

Live music
with guitarist,
Deepak Thettu



Michael Amy PT, MSPT, RYT500, OYI, C-IAYT synthesizes his knowledge of anatomy, physiology and the core principles of yoga to help yoga students and physical therapy clients discover their inner sense of freedom and well-being.

Jo Amy BA Phil, RYT500, OYI 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.

March 22, 2025

2-4pm \$50

From the ground up, taking root in the earth and celebrating Springs transition towards infinite possibility.

An active fluid practice rooted in grounded stability through standing poses, somatic movement, breath, and rest with deep listening to a live musical soundscape with Lyrical Jazz guitarist Deepak.

No yoga experience necessary.



Deepak Thettu is a passionate guitarist and charting Smooth Jazz artist from Rochester NY, as well as an established Sirius XM radio artist. Deepak has played and collaborated on numerous Billboard top 30 songs. He is a creative musical force on guitar in the contemporary jazz scene.



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Please, pre-register online at

openskyyoga.com