

ONLINE SEMINAR  
through  
**zoom** Open Sky



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

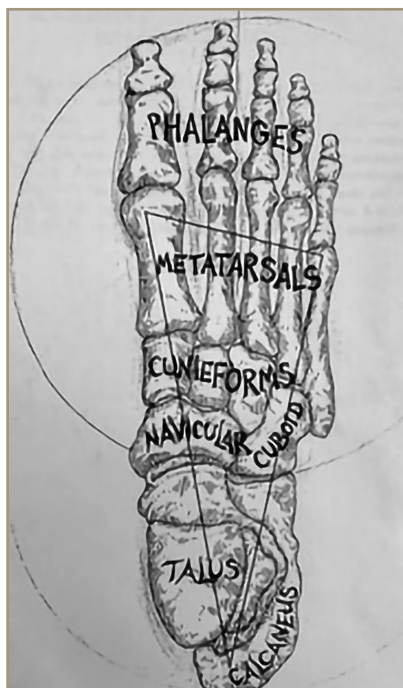
*is a Registered Yoga Teacher at Open Sky, Certified Yoga Therapist and a licensed Physical Therapist with 20+ years of experience. Michael completed Essential Teacher Training with François Raoult and Relax and Renew certification with Judith Lasater. Michael completed Opening Yoga Instructor for Adapting 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 [michaelamyjogapt@gmail.com](mailto:michaelamyjogapt@gmail.com) for further information.*

# EXPLORING Foot & Ankle Beneath, Between, Behind

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

**September 25 10-1pm \$60**

From the ground up how we connect to what's beneath each step, in between the spaces of earth and sky, and what is left behind in each sacred footprint as we experience stillness, breathe, and movement. An experiential journey of the anatomy of the foot and ankle, arches of support and buoyancy, grace between sky and earth, and imprints left behind.



Tadasana is the first position. If you know how to do Tadasana, you know how to do every posture that follows. If you do Tadasana correctly, you know how to do each asana correctly.  
—Donna Holleman

The true man breathes from his feet up, while ordinary people just breathe from the throat.  
—Chuang Tzu

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Open to seekers of all levels and teachers:  
(3 Hours Continuing Education Credit for Yoga Alliance teachers)

\* Recording available if you cannot attend live.

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