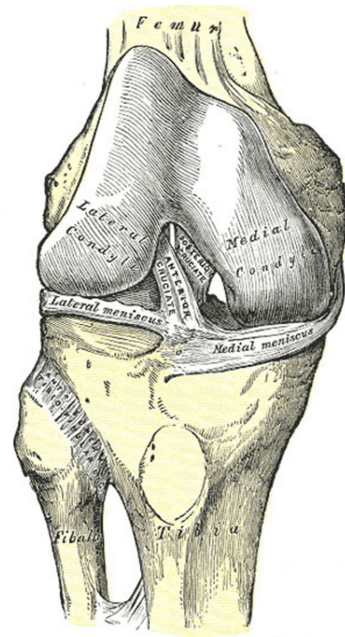


THE KNEE

YOGA THERAPY/ EXPERIENTIAL ANATOMY



MICHAEL AMY, PT

Sept 24, 2023 9am-noon \$75

Respect and honor your knees. Prevent knee related injuries in your practice and recover function for those dealing with limited mobility in this vulnerable hinge joint beholden to the foot/ankle and hip. Join a yoga anatomy Journey exploring the connection to ground/Earth and the fluidity of movement.

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

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