

CELEBRATING THE SOLSTICE

from darkness to light—inside

featuring
**Live
music**
with guitarist,
**Deepak
Thettu.**



MICHAEL AMY RYT500, OYI

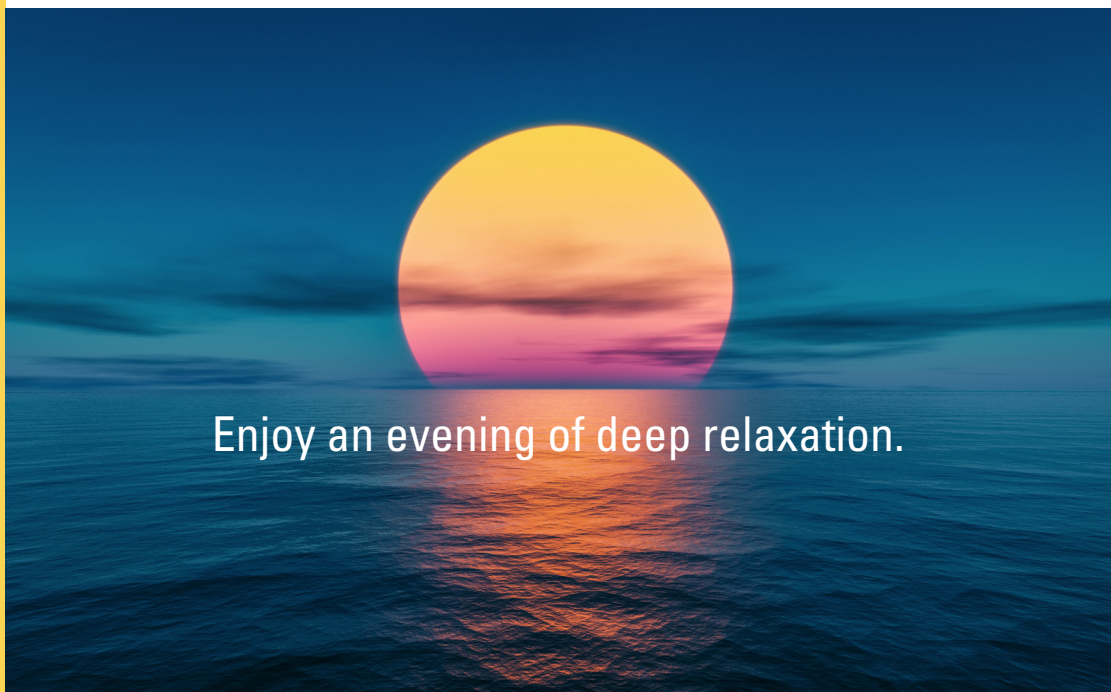
December 21, 2023 7-9pm \$45

A restorative yoga seminar.

In this seminar, you will practice supported restorative poses, refine the adjustments of the body and props for optimal comfort and release. Deep rest and deep breathing counteract the effects of stress on the immune system and promote relaxation response.

No previous yoga experience necessary.

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.



Enjoy an evening of deep relaxation.

www.openskyyoga.com yogawave108@gmail.com

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

