

Open Sky **CELEBRATING THE**  
**SOLSTICE**  
from darkness to light—inside

featuring

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



**December 19, 2024**

**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 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.

**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.



Enjoy an evening of deep relaxation.

[www.openskyyoga.com](http://www.openskyyoga.com) [yogawave108@gmail.com](mailto:yogawave108@gmail.com)

Please, pre-register online @ [www.openskyyoga.com](http://www.openskyyoga.com)