

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

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.

December 21, 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.



Enjoy an evening of deep relaxation.

www.openskyyoga.com yogawave108@gmail.com

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