



Michael Amy, MSPT, RYT500, OYI is a Registered Yoga Teacher at Open Sky, Certified Yoga Therapist and a licensed Physical Therapist with 29 years of experience. Michael completed Essential Teacher Training with Francois Raoul and Relax and Renew® certification with Judith Lasater. Michael completed Opening Yoga Instructor/Adapting Yoga for Disability from Matthew Sanford's Mind Body Solutions and teaches adaptive yoga class for individuals with trauma, loss, and disability. 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.



Open to all levels, seekers, and teachers. 3 CUE's for Yoga Alliance Teachers.

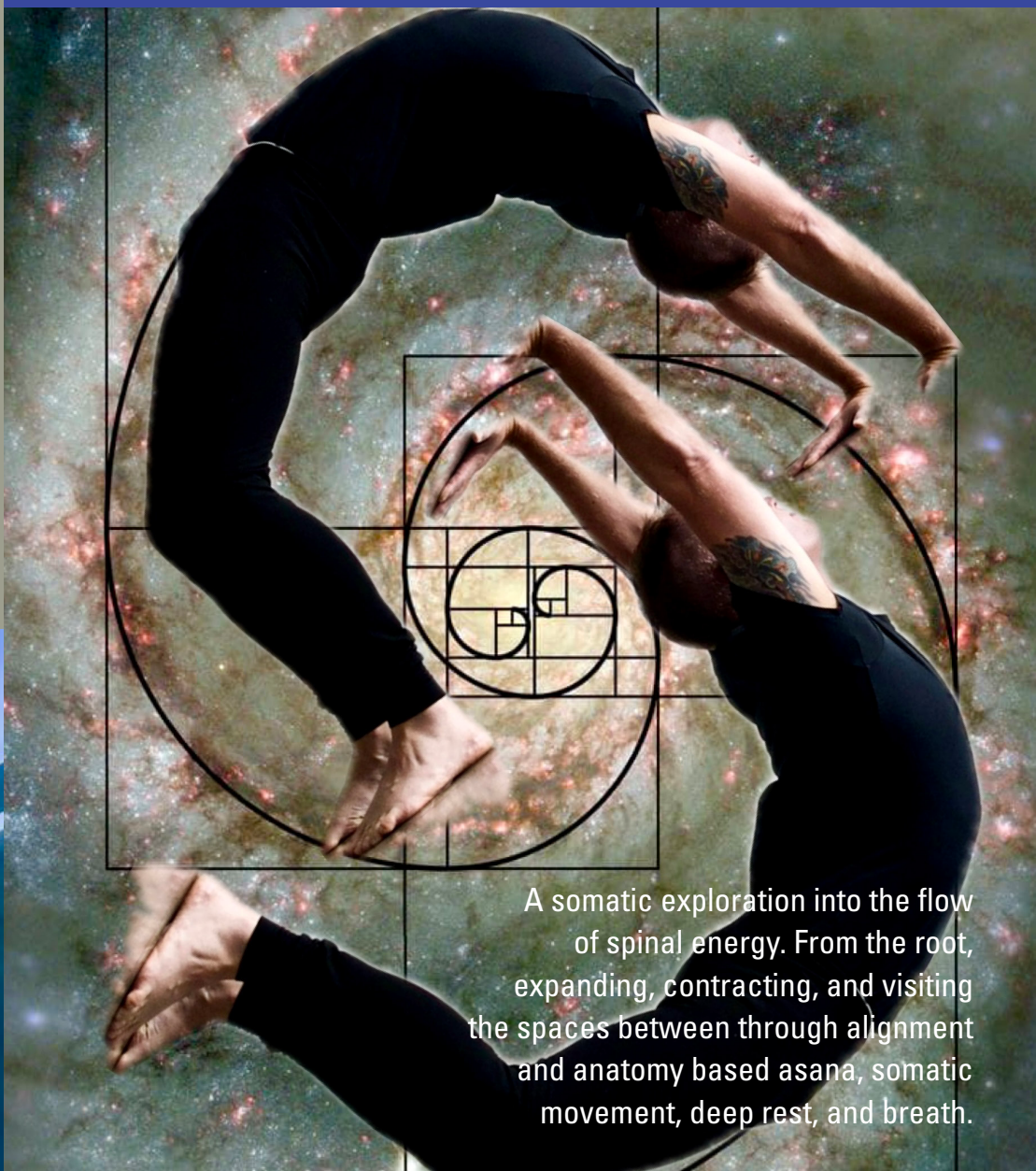
Open Sky Yoga Center
5 Arnold Park
Rochester, NY
(Carriage house behind the Zen Center)



IN PERSON
ROCHESTER, NY

SPINAL RHYTHM MICHAEL AMY

Sunday, December 7, 2025 10AM-1PM \$90



A somatic exploration into the flow of spinal energy. From the root, expanding, contracting, and visiting the spaces between through alignment and anatomy based asana, somatic movement, deep rest, and breath.

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Pre-register online @ www.openskyyoga.com