



**Michael Amy, 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  
presents

IN PERSON  
ROCHESTER, NY

# HIPS & SHOULDERS REDUX

*Spirals, vortices, and stillness...*

**MICHAEL AMY**

MSPT, RYT500, OYI

**Sunday  
January 19, 2025**

10AM-1PM

**\$80**

**Open Sky Yoga Center**

5 Arnold Park

Rochester, NY

(Carriage house behind the Zen Center)



An interactive exploration of the circular movements of the shoulder, hip, and spine. Movement radiating from inherent stillness outward and inward, reflecting congruence between inward presence and compassion.

An experiential anatomical yogic dive, balancing stability and mobility through back bends, standing poses, rotations, inversions, and resting.

**Open to all levels, seekers, and teachers.**

**3 CUE's for Yoga Alliance Teachers.**

[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)