

# Combining SOUND & MOVEMENT to find the Midline

**ANDREA ESCOS** and **MICHAEL JAY**



**Andrea Escos** PT, RYT has been studying yoga for over 20 years, is a registered yoga teacher at Open Sky Yoga Center and combines her teachings with her knowledge of physical therapy. She has been working with the body-mind relationship and enjoys bridging Eastern science with Western medicine. Strongly influenced by Iyengar teachers, Andrea continues her studies with Bonnie Bainbridge Cohen and Arthur Kilmurray in accessing the subtle body. Andrea shares her joy of finding yoga in a practical, mindful and playful manner.

**IN PERSON  
ROCHESTER, NY**

**Open Sky Yoga Center  
5 Arnold Park  
(behind Zen Center)**

**Saturday June 10, 2023 1-5:30pm \$108**

Finding the midline is about learning to be in our centers. Through asana we expand our awareness, bringing "intelligence to each part of our body" then coming back into our center to find stillness. In the midline, we create a safe space for pause and mindfully re-enter the world with intention and meaningful relationships. • Join us for an insightful practice of asana to find your midline and balance the body in the 3 planes of movement: the Coronal, Transverse and Sagittal planes. • Practice of both active and restorative poses will be enhanced by SOUND played by Michael Jay to aid in releasing blocks and tuning to the subtle awareness within. We will also dive into Ujjayi Pranayama to enhance the midline and expand our life force. Ending with a long savasana to free our internal river of energy. Finding the Midline was B.K.S Iyengar's wish for us all.



**Michael Jay** has dedicated the past 10 years as a sound healer, primarily playing and teaching the gongs with world known master Don Conreux. MJ partnered with Joseph Schmidlin teaching workshops together to incorporate sound and body work. They recently formed One Tone Sonic Alchemy providing sound healing instruments, teaching platforms and meditation recordings. MJ performs Sound Baths all around NYC and across the country. He also volunteers at a cancer treatment facility, fascinated by the powerful healing of vibrational sound.

*Ancient theoreticians of the Sanskrit language considered the separation of spoken language, gestural language and music as a late phenomenon and never completely realized.*

—ALAIN DANIELOU  
Myths and Gods of India

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