



Yoga & Nature Photography

Sunday, June 13, 2021, 9:00am – 1:00pm

\$60 for this half day event, all outdoors

At Open Sky Yoga, 5 Arnold Park, Rochester, NY 14607

(Rain date if necessary, Sunday, June 20, 2021)

To walk slowly in nature, taking time to observe the beauty of all that surrounds us, can be a deeply grounding meditation.

Join **Becky Lyons**, RYT-500 and nature photographer, for this outdoor workshop. We'll begin with a morning Yoga practice in the shade of the Zen Center garden to tune our attention, followed by a brief discussion about photographic composition and techniques. Then, we'll head out with our cameras to explore the abundant beauty of the garden and neighborhood around Open Sky.

Students of all levels of experience are welcome.

Please pre-register online at www.openskyyoga.com to reserve your space.

Please bring your own yoga mat, belt and a few blankets or towels. Bringing a digital camera if you have one will be helpful, but not necessary to participate. Several cameras will be available for students to use, and cell phone cameras will work well, too, as we practice seeing and composition.

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Becky Lyons, RYT-500 was initially drawn to the physical and athletic aspects of Yoga. Becky completed Essential Teacher Training and Advanced Teacher Training with Francois Raoult, as well as Prenatal and Postpartum Teacher Training with Carla Anselm. She has continued her training and exploration of Yoga, attending many workshops with Judith Hanson Lasater, Richard Rosen, Arthur Kilmurray and Martine Le Chenic as well as international retreats in India, Crete and Stromboli with Francois Raoult.