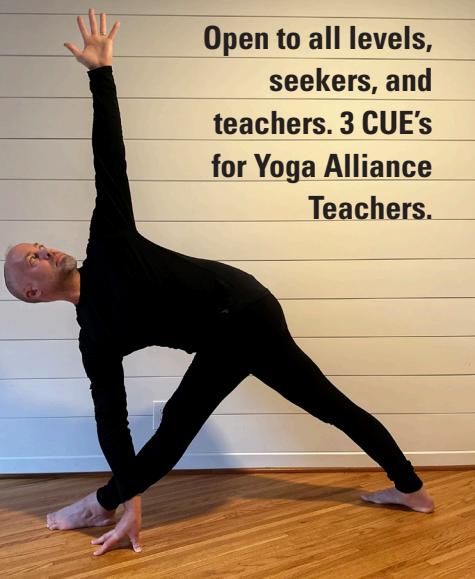




Michael Amy, MSPT, RYT500, OYI
is a Registered Yoga Teacher at Open Sky,
Certified Yoga Therapist and a licensed
Physical Therapist with 29 years of
experience. Michael completed Essential
Teacher Training with Francois Raoult
and Relax and Renew® certification
with Judith Lasater. Michael completed
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.



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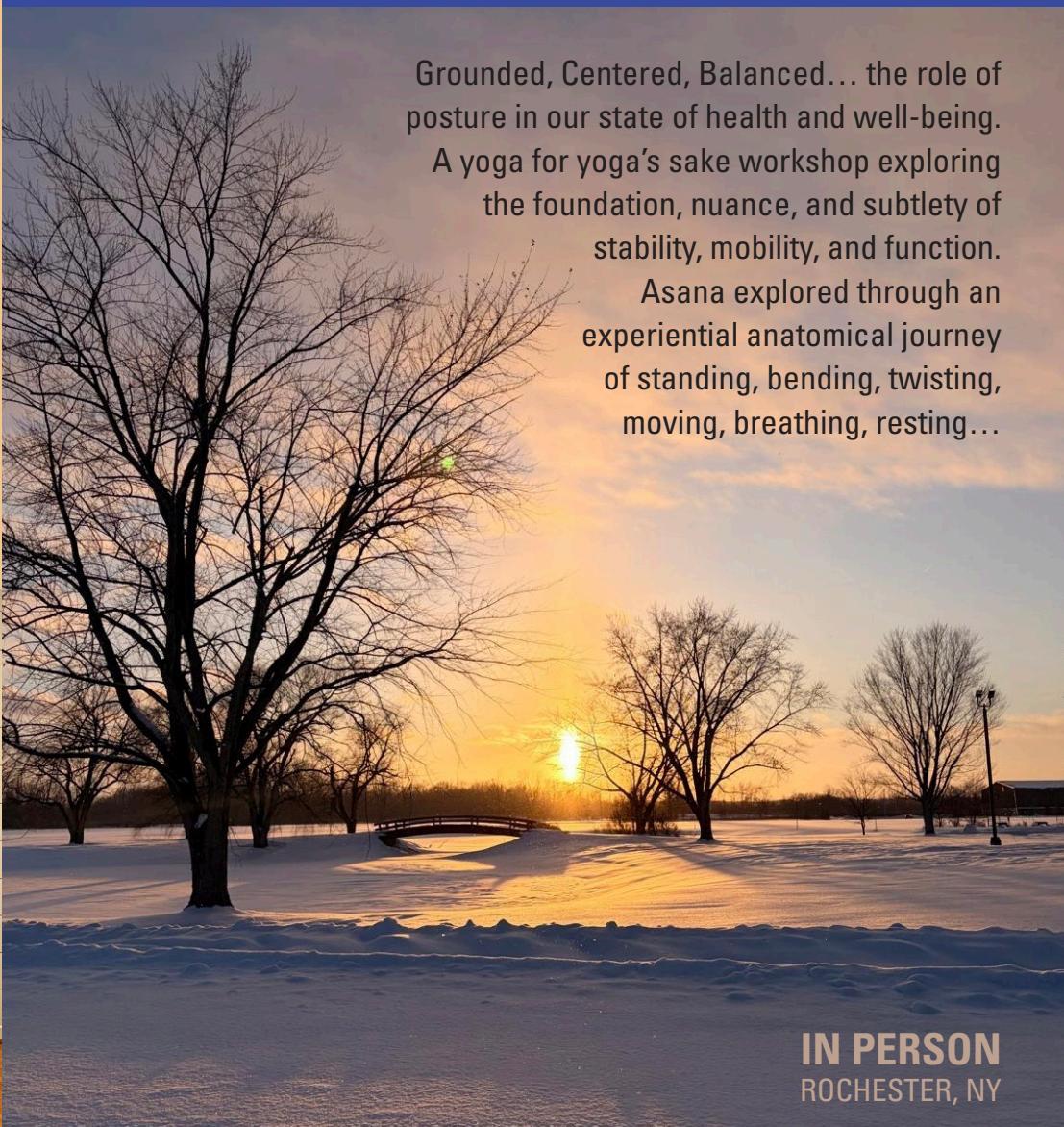
MICHAEL AMY

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