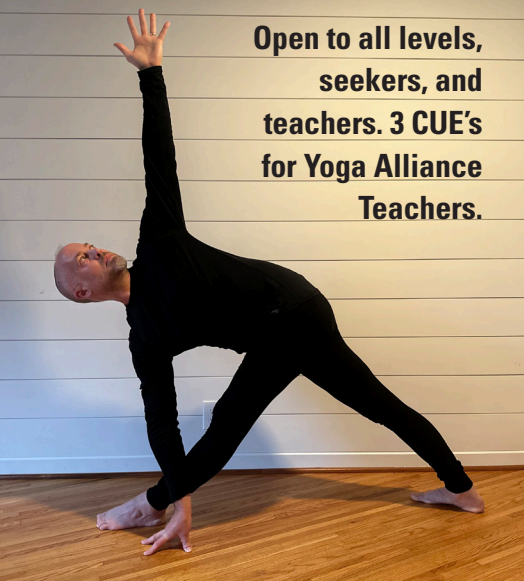




Michael Amy, MSPT, RYT500, OYI is a Registered Yoga Teacher at Open Sky, Certified Yoga Therapist and a licensed Physical Therapist with 29 years of experience. Michael completed Essential Teacher Training with Francois Raoult and Relax and Renew® certification with Judith Lasater. Michael completed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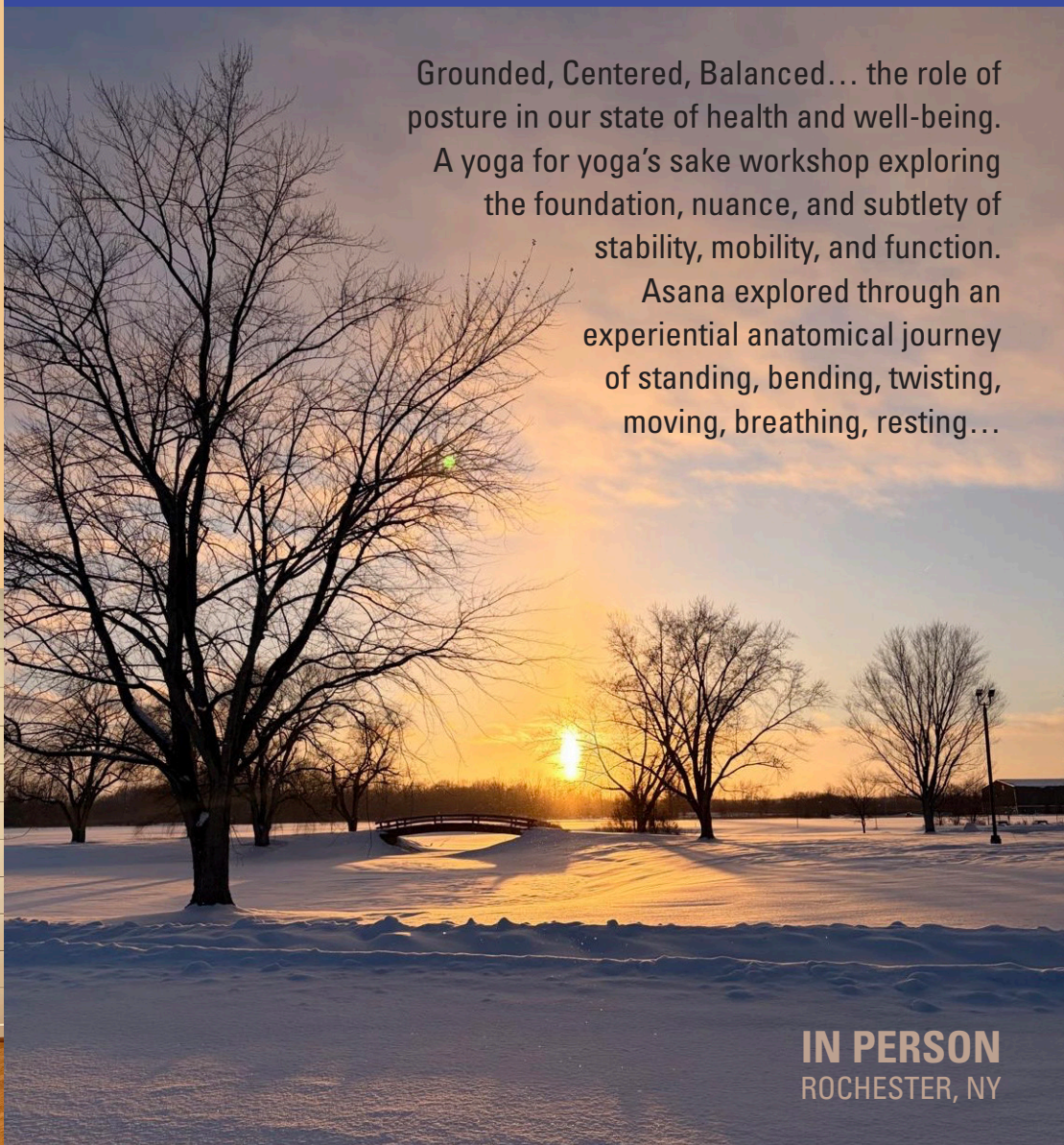
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