



# PSOAS, SATYA, SATTVA!



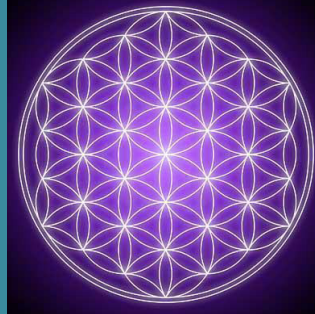
**Michael Amy** PT, MSPT, RYT500, OYI, C-IAYT synthesizes his knowledge of anatomy, physiology and the core principles of yoga to help yoga students and physical therapy clients discover their inner sense of freedom and well-being.

**Jo Amy** BA Phil, RYT500, OYI Certified as an Iyengar Yoga teacher in 2008, studying extensively with UK senior teachers as well as Geeta and Abhijata Iyengar. Jo has also trained with adaptive Yoga pioneer, Matthew Sanford since 2010 and is a certified SATYA Teacher (Sensory Awareness Training for Yoga Attunement-Tias Little). Jo is a passionate teacher weaving the wisdom of the body and the principles of Yoga to create a deeper connection and inhabit life more fully. Jo teaches beginner, general and intermediate level classes as well as private sessions.  
[jo@yogashak.com](mailto:jo@yogashak.com)

**Saturday, April 26**  
**9-12pm \$90**

Weaving somatic awareness and exploration of the psoas through movement and stillness. A discovery of space, ground, and rhythm through body, mind, and breath revealing a sense of freedom, clarity, and harmony. An experiential practice rooted in somatic movement and asana.

*No yoga experience necessary.*



[yogawave108@gmail.com](mailto:yogawave108@gmail.com)

Please, pre-register online at

**[openskyyoga.com](http://openskyyoga.com)**