

ONLINE SEMINAR through **ZOOM** Open Sky

DECEMBER 21  
2020

# *Celebrating the Solstice*

*From Darkness to Light—inside*

with **Carla Anselm** ERYT500

Monday, December 21, 2020, 7:30-9pm \$25

**A restorative yoga seminar in the tradition of BKS Iyengar**

In this seminar, you will practice supported restorative poses, refine the adjustments of the body and props for optimal comfort and release. Deep rest and deep breathing counteract the effects of stress on the immune system and promote relaxation response.

*No previous yoga experience necessary.*



**Carla Anselm**

**ERYT 500, RPYT, IYA 500**

*Carla has been a teacher of yoga for almost 2 decades. She began her training in 2001 at Shakti Yoga in New York City. Evolving within the Iyengar tradition, Carla completed Francois Raoult's Essential Yoga and Advanced Yoga Teacher Training, Judith Lasater's Advanced Restorative Yoga, and Elise Miller's Yoga for Scoliosis. Carla is also an experienced Doula and teaches Prenatal Yoga. She is on the faculty of the Advanced Training in Brussels, Belgium and Rochester, New York. Filled with curiosity, commitment and with an authentic voice, Carla continues her yogic Journey.*

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*Enjoy an evening of deep relaxation.*

Please, pre-register online @ [www.openskyyoga.com](http://www.openskyyoga.com) to reserve your space.