

DECEMBER 22  
2022

# Celebrating the Solstice

*From Darkness to Light—inside*

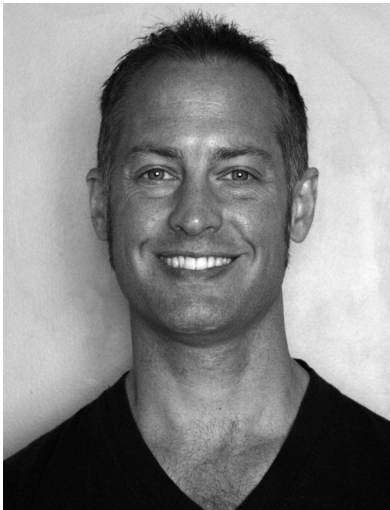
with **Michael Amy** RYT500, OYI

Thursday, December 22, 2022, 6-8pm     \$45

**A restorative yoga seminar. Live music with guitarist, Deepak Thettu.**

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.*



**Michael Amy**

MSPT, RYT500, OYI

a licensed Physical Therapist with 20 years' experience and a Registered Yoga Teacher at Open Sky Yoga in Rochester NY. Michael completed (OYI) Opening Yoga Instructor Certification through Matthew Sanford's Mind Body Solutions program in 2016 and continues ongoing annual participation in Advanced Studies at MBS furthering his knowledge and expertise enabling access to yoga for all. Michael synthesizes his knowledge of anatomy, physiology, neuromuscular function and the principles of movement to help yoga students and physical therapy clients discover their inner sense of freedom.

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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.