

ONLINE  
SEMINAR  
through  
**ZOOM** Open Sky



**Michael Amy, MSPT, E-RYT 500, OYI, C-IAYT** is a Registered Yoga Teacher at Open Sky, Certified Yoga Therapist and a licensed Physical Therapist with 20+ years of experience. Michael completed Essential Teacher Training with Francois Raoult and Relax and Renew® certification with Judith Lasater. Michael completed Opening Yoga Instructor for Adapting Yoga for Disability from Matthew Sanford's Mind Body Solutions. 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. Michael teaches internationally and offers workshops, classes, 1:1 sessions, adaptive, therapeutic and restorative yoga instruction, contact [michaclamyyogapt@gmail.com](mailto:michaclamyyogapt@gmail.com) for further information.

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# BEGINNERS YOGA WORKSHOP 101

with **Michael Amy** MSPT, E-RYT 500, OYI, C-IAYT

Saturday **January 9, 2021** 11am-1:30pm EST \$50

The practice of yoga is one of experience. In this introductory workshop, ideal for beginner students, participants will explore, discover, and experience safe foundational active and restorative yoga poses that enable connection, balance, freedom, and ultimately improved function for "life well lived". This workshop will be recorded. Recommended props for participation include yoga mat, yoga belt, yoga blanket or beach towel, and yoga block.



अथ योगानुशासनम्  
*atha yogānuśāsanam*

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