



SPINAL BALANCE

YOGA THERAPY/ EXPERIENTIAL ANATOMY



MICHAEL AMY, PT

June 9, 2024 10am-1pm \$80 IN PERSON

What is the sensation of “balance”? Connecting the inner and outer body, exploring the essence of the deep front line and superficial back line through active and restorative forward bends, backbends, and beginning inversions through this experiential anatomy workshop. Weaving the experience of the physical body and the subtle energy body to create the harmony essential for true balance.

Open to all levels, seekers, and teachers.

Michael Amy, PT, MSPT, RYT500, OYI
a licensed Physical Therapist with 20 years' experience and a Registered Yoga Teacher at Open Sky Yoga in Rochester NY. Additional training includes Relax and Renew® certification with Judith Lasater, Pranayama with Richard Rosen, Fascial Release with Tom Myers, Continuing the Journey with Arthur Kilmurray, and OYI Certification/Adapting Yoga for Disability Level 1, 2 and Advanced Studies with Matthew Sanford. 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.

Open Sky Yoga Center
5 Arnold Park, Rochester, NY
(Carriage House behind the Zen Center)



**3 CEU Yoga
Alliance Credits
for YA Teachers**

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Please, pre-register online @ www.openskyyoga.com

