



Open Sky

Y o g a C e n t e r

Free yoga seminar

Thursday, September 8

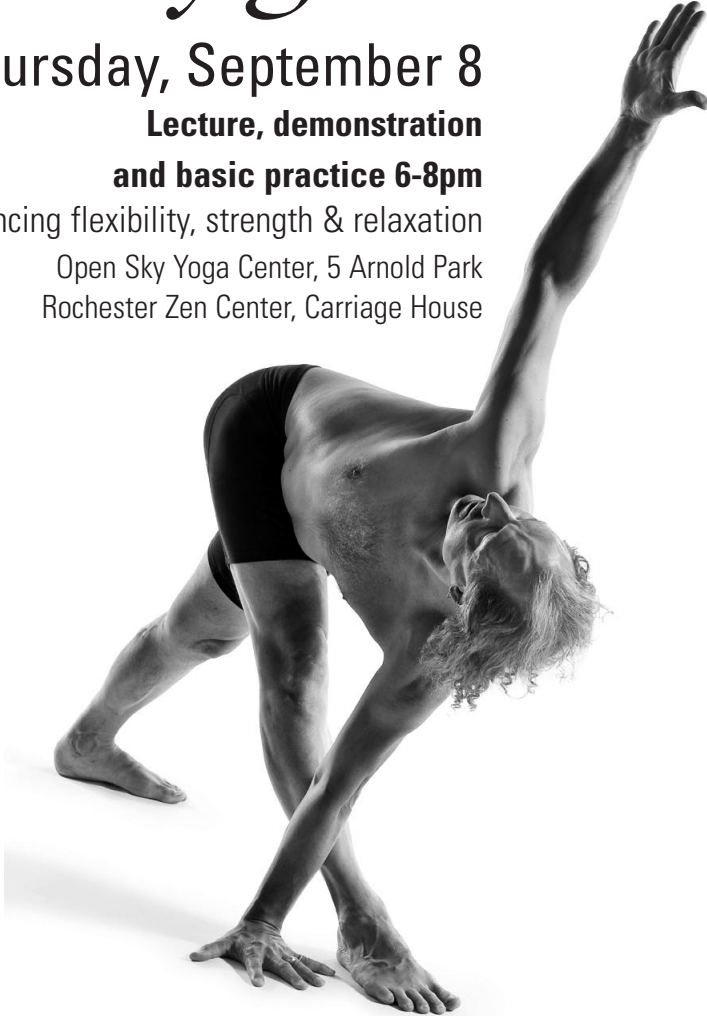
Lecture, demonstration

and basic practice 6-8pm

Balancing flexibility, strength & relaxation

Open Sky Yoga Center, 5 Arnold Park

Rochester Zen Center, Carriage House



WITH *François Raoult* M.A., ERYT

Director of Open Sky Yoga Center

To register please call 585 244-0782 write yogawave@rochester.rr.com

or visit **www.openskyyoga.com**