

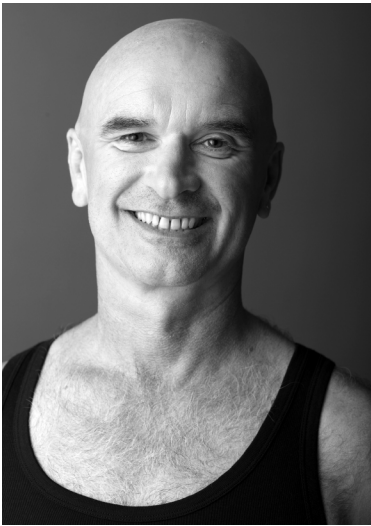
Open Sky

# the hip joint

open & stable

a 3 hours workshop with **Rick Lynch**

March 24, 2012 1-4pm \$60 *15% discount for students & seniors*



John Myers

**RICK LYNCH**, RYT 500, is an Open Sky yoga teacher and director of the Finger Lakes Yoga Center. He has studied, practiced and experienced yoga for over 30 years and leads yoga retreats in Southeast Asia. Influencing his teaching are his experiences in wilderness canoeing, trekking and skiing.

**OPEN SKY YOGA CENTER**

5 Arnold Park  
Rochester Zen Center Carriage House

585 244-0782  
[www.openskyyoga.com](http://www.openskyyoga.com)

To register by mail, send check to: **Open Sky Yoga Center, 19 Birch Crescent, Rochester, NY 14607**

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_ Occupation \_\_\_\_\_

E-mail \_\_\_\_\_

Visa  MasterCard Name on card \_\_\_\_\_

Credit card # \_\_\_\_\_ Exp. date \_\_\_\_\_

Verification Code (three-digit number on back of card) \_\_\_\_\_

Enclosed is my check for \$ \_\_\_\_\_, payable to Open Sky Yoga.

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YOGA CENTER

Hip/Rick