

Open Sky Yoga *presents*

Anatomy in Clay

spine & torso (includes pelvic and thoracic diaphragms)



Laura Antelmi is an Intermediate Jr. 3 Certified Iyengar Yoga Instructor and Certified Kinesthetic Anatomist KA2, Director of the Iyengar Yoga Center of Boulder. She has studied in India with Geeta and B.K.S. Iyengar

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 585.244.0782

with Laura Antelmi

May 18-20, 2012

A unique opportunity to study with Laura Antelmi the only KA2 level certified Kinesthetic anatomist. The dynamic and playful approach teaches both a structural and functional understanding of the human body. Laura combines movement, imagery, yoga postures in addition to working with the clay. It will give you a 3 dimensional view of the body. This seminar is part of a 3 week-end cycle of anatomy for yoga teachers. It is open to past graduated of Essential teacher training and interested students. Clay will be provided.

Location:
 5 Arnold Pk.
 behind Zen Center

Time:
 Friday 6-9
 Saturday noon-6:30
 Sunday 9-4:30

*Fees: \$280
 Only 12 spaces available.
 No discounts.*



Send your check or charge to:

Open Sky Yoga Center
 19 Birch Crescent
 Rochester, NY 14607

No refunds unless you find somebody to take your place.

Name _____

Address _____

Phone _____ E-mail _____

Visa MasterCard Name on card _____

Credit card number _____

Exp. date _____ Verification Code (three-digit number on back of card) _____

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

Laura Antelmi