



Open Sky Yoga and MINDFUL MEDICINE ROCHESTER
presents



Aaron Olden, MD, FACP, RYT is a board certified internal medicine and palliative care physician and medical acupuncturist. He has over ten years of experience working with patients with chronic illness and is the owner of Mindful Medicine Rochester.

Aaron is a Registered Yoga Teacher, having completed teacher trainings at Open Sky as well as Breathe Yoga in Rochester, NY. He also holds a Relax and Renew restorative yoga certification from Judith Lasater.

yin, yang & yoga

A workshop merging the healing modalities of restorative yoga and acupuncture

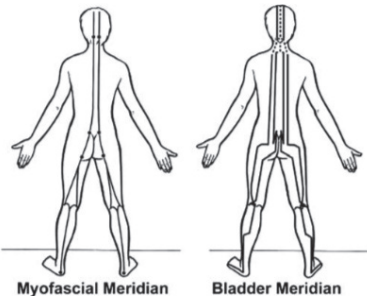
with **Aaron Olden MD, FACP, RYT**

April 13, 2019

1-4 pm \$75

This innovative workshop will merge the healing modalities of restorative yoga and acupuncture.

We will spend some time at the beginning of the workshop exploring the basics of acupuncture and shedding some light on the parallels between the acupuncture meridians and the muscular and connective tissue networks that are accessed and opened by our yoga practice.



We will then work through several restorative yoga poses and will conclude with a deep savasana combined with a gentle acupuncture treatment. (Acupuncture is optional)

Class size limited to 15 students

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5 Arnold Pk., behind Zen Center

Send your registration (check or charge) to: **Open Sky Yoga Center, 7 Arnold Park, Rochester NY 14607**



**MINDFUL
MEDICINE
ROCHESTER**

Name _____

Address _____ ZIP _____

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.