

Relax Open Sky & Renew



with Eleanor Goldfarb

April 29, 3-5:30pm \$45

15% discount for students & seniors

**A workshop to release stress,
anxiety and mental agitation!**

Open to all levels of practice.

ELEANOR GOLDFARB RYT 500, MS, NPP is a psychiatric nurse practitioner and a certified Iyengar yoga teacher. She studies locally with senior teacher Francois Raoult, and travels to study regularly with senior Iyengar teachers. Eleanor is certified through Judith Lasater as an advanced restorative yoga trainer. Her unique background bridges Western Medicine with Eastern Wisdom.

OPEN SKY YOGA CENTER

5 Arnold Pk, Rochester Zen Center Carriage House
585 244-0782 yogawave@rochester.rr.com

www.openskyyoga.com

Send registration (check or charge) to: Open Sky Yoga Center, 19 Birch Cres., Rochester, NY 14607

Name _____

Address _____

Zip code _____

Phone _____ E-mail _____

Visa MasterCard Name on card _____

Credit card number/Expiration date _____

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

Make check payable to: Open Sky Yoga.