

Relax ^{Open Sky} & Renew



with Eleanor Goldfarb
February 12, 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. 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

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