

Open Sky *presents*

Restorative Yoga & Women's Health



Eleanor Goldfarb N.P., is a nurse practitioner and a long time student of Iyengar yoga. She studies regularly with Francois Raoult and senior Iyengar teachers Dean Lerner and Joan White. Eleanor has passed the first of a two part exam to become certified in the Iyengar method. When not on the mat, you can find her in the garden.

Location:
5 Arnold Pk.
behind Zen Center

*Fees: \$45 each
15% discount
for students and seniors*

with **Eleanor Goldfarb**

Womens Health

Friday, Nov 4, 4:30-7pm

Yoga for Women's Health is a monthly class offered at Open Sky Yoga. Modified versions of classic poses are carefully sequenced to support a woman's health throughout the stages of life. It has proven to not only promote a healthy reproductive system but boost the digestive, immune and endocrine systems as well. All ages/levels of practice welcome.

Restorative Yoga

Sunday, October 16, 3-5:30pm

Poses are carefully sequenced to both balance the autonomic nervous system which directly affects the heart rate and blood pressure and mitigate adverse effects of stress. Conscious breathing (pranayama) is used to link the body and mind. Poses modified to meet individual needs.

Pre-registration is encouraged to include relevant physical symptoms

For information:
www.openskyyoga.com 585.244.0782
yogawave@rochester.rr.com



Restorative yoga uses props (blankets, bolsters, pillows) to create a completely supportive environment for deep relaxation.



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 _____ Occupation _____

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) _____

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

Women's Health/ \$45 Restorative Yoga/ \$45

Restorative