

# OMEGA

Rhinebeck, New York

Dear Warm Water Yoga Participant,

When we meet on Friday evening we will introduce ourselves, review our agenda for the weekend and practice some of the poses and sequences on land that we will be doing in the water using chairs and props for balance, so please come to our first session wearing comfortable, loose clothing.

We will be car-pooling our way over to the pool at Arbor Ridge (which is about 15 a minute drive from the Omega campus). This will give us more flexibility to come and go from Arbor Ridge. If you are able and willing to be a driver please send an email to Rose Hues at Omega at [roseh@eomega.org](mailto:roseh@eomega.org). Omega will compensate our drivers.

This workshop is based on the curriculum for the warm water yoga program that I have developed and taught at Arbor Ridge at for the more than six years and on the therapeutic yoga program that I head at Manhattan Physical Medicine and Rehabilitation in New York City.

I am very excited to share this work with you.

1. Please e-mail me at [terryrothschaff@gmail.com](mailto:terryrothschaff@gmail.com) and let me know if you are a yoga teacher, a yoga practitioner, a medical professional, and/or a person living with a medical condition, or an interested party who is none of the above.
2. If you are coming to this workshop with a medical condition, please briefly share your diagnosis with me. All information will be kept strictly confidential.

Sincerely,

Terry  
Director, Medical Yoga Therapy  
Manhattan Physical Medicine and Rehabilitation  
[www.medicalyogatherapy.com](http://www.medicalyogatherapy.com)

Awakening the Best in the Human Spirit