

Eighth International Yoga and Creativity Retreat in Greece

Triopetra, Crete 2020



August 15-22, 2020 with
FRANÇOIS RAOULT & NATHALIE ALVAREZ
YOGA and CREATIVITY

FRANÇOIS RAOULT MA, ERYT, Director of Open Sky Yoga, is the founder and director of Open Sky Yoga Center in Rochester, NY. A certified Iyengar instructor, he has traveled and studied extensively in India, including a six month pilgrimage in 1972. François has taught yoga since 1975 and conducts seminars worldwide. François holds a master in Ethnomusicology and is certified in Gong and Laughing Yoga (!).

NATHALIE ALVAREZ is François's partner in life and co-creator of the Journey to India. A pioneer in the fields of massage and transpersonal therapy since 1981—Nathalie directs L'Ecole du Corps Conscience, based in Montpellier, France. Nathalie's work combines expression, symbolism, mandalas and color therapy.



Fly to Athens and take a plane or ferryboat to Heraklion. After the retreat, you can drift towards other islands like Santorini by boat. Our days together will begin with early pranayama practice in the yoga hall overlooking the ocean. The core of the morning sessions will then explore the foundations of a Yoga practice through the cycles of classical poses. These energetic sessions will aim to build strength,



stamina and increase flexibility. In the afternoon you can go to the beach or explore the island and the nearby villages. • The late afternoon classes will be devoted to restoratives poses, savasana and deep listening to sacred music of all traditions. Nathalie will propose creative sessions of symbolic art as a theme interwoven with the Yoga sessions. *(Art supplies provided)*

for information: www.openskyyoga.com yogawave@rochester.rr.com

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



Name _____

Address _____

Phone _____ E-mail _____

Previous Yoga Experience _____

\$1850 (non-refundable deposit \$500) Includes all classes, all meals and 7 nights lodging in rooms (2 or 3 per room)

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.

\$500 deposit, balance by February 1, 2020 full amount *No cash refund after June 1 unless you find somebody to take your place.*