



Yogasana Center in Brooklyn, NY presents

How to Improve Your Posture

Tadasana as a Blueprint for Yoga and Life with François Raoult

October 23-24, 2010

In this seminar we will practice postural awareness and alignment in daily life postures as well as in standing and sitting yoga asana. We will look at slides of people from all around the world standing, walking, carrying on the head and sitting. We will explore how yoga practice and daily life patterns of movement are deeply connected.

THIS SEMINAR IS DESIGNED TO HELP PARTICIPANTS:

- Appreciate and observe human postural alignment in other cultures: Africa, Asia, and traditional areas of Europe through discussion and slide presentation.
- Prevent or minimize pain or discomfort in daily movement and at work.
- Open and facilitate the practice of such disciplines as yoga, music, sports and meditation.

Location/Directions:

Yogasana Center
118 Third Ave., 2nd Floor, Brooklyn, NY 11217

At the corner of Wyckoff/St. Mark's
Close to the B,D,M,N,R,2,3,4,5 trains at the Atlantic/Pacific subway station

Dates:

Saturday, **The Art of Standing**
10-1:30 and 2:30-4:30 with tea & snack break

Sunday, **The Art of Sitting**
10-1:30 and 2:30-4:30 with tea & snack break

Both Afternoons **Deep Relaxation and Breathing: The Art of Lying Down!**

Fee:

\$220

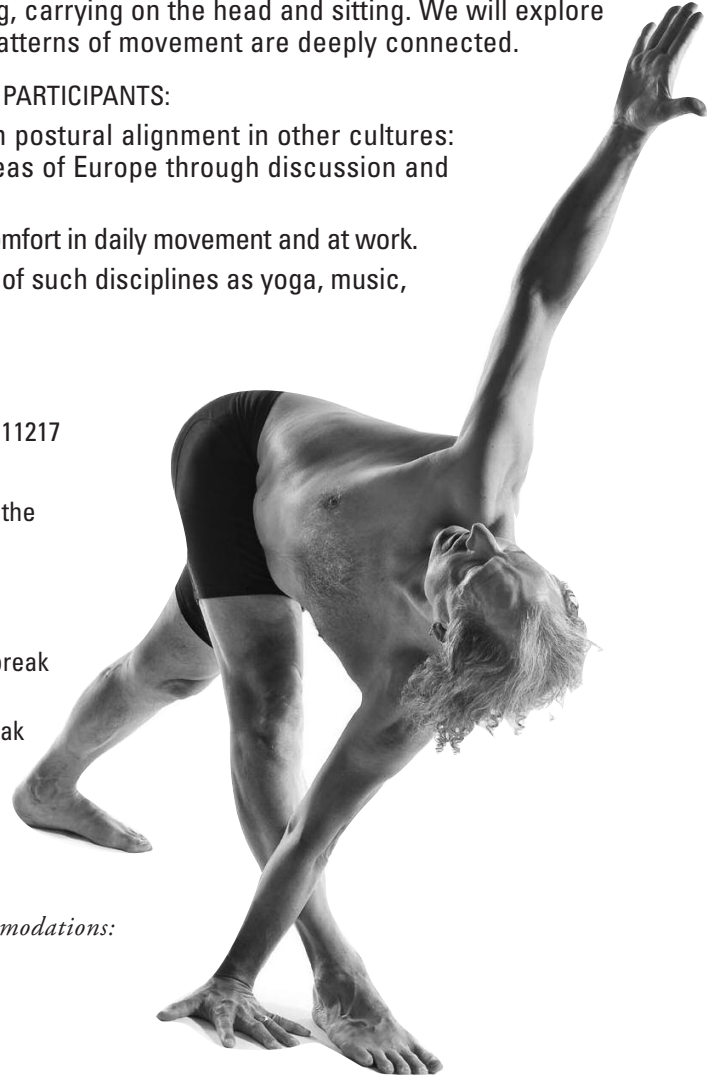
For more information and local accommodations:
call 718 789 7255

www.yogasanacenter.com

info@yogasanacenter.com



François Raoult M.A., R.I.Y.T. first felt the call to yoga at age 19, on a pilgrimage to sacred sites of India. Then he completed a masters degree in ethnomusicology. In addition to directing Open Sky Yoga Center, François teaches yoga seminars worldwide. A graduate of the Ecole Nationale de Yoga in Paris and a Certified Iyengar Instructor, he has taught yoga since 1975 and studied meditation with Zen Master Thich Nhat Hanh, Ayurveda with Dr. Robert Svoboda, and anatomy with Thomas Myers.



Send your check or charge to: Yogasana Center
118 Third Avenue, Brooklyn 11217

Name _____ Occupation _____

Address _____

Phone _____ E-mail _____

Visa MasterCard Name on card _____

Credit card number _____

Exp. date _____ Verification Code (three-digit # on back of card) _____

Enclosed is my check for \$ _____, payable to Yogasana Center.

No refunds unless we are able to fill your spot.

