

Buffalo, NY

Open to practitioners of all methodologies and backgrounds.

yoga

November 17 - 18, 2007

Sponsored by
Yoga Therapeutics

a seminar with **François Raoult** of Open Sky Yoga



Join us in exploring key elements of Hatha Yoga with François Raoult for a weekend seminar in Buffalo.

François' depth of experience, talent and insight bring a sense of clarity, function and perspective to yoga in the modern world. He has been a student of one of the most influential teachers of our time, BKS Iyengar; and has his masters degree in ethnomusicology.

Explore new layers of integration in asana (posture) practice, gliding into unique and practical perspectives on the nature of vinyasa (sequencing), what it is, and its role in the expression of yoga. Gain insight from the Iyengar approach to pranayama practice. Learn to balance your nervous system with restorative yoga and be nourished by this passive and powerful pillar of modern yoga practice. The spirit resonates anew in vibrations of sound, silence and breath.

Location:

Langston Hughes Institute Center for Cultural History & Arts Education
25 High Street, Buffalo, NY 14203

Parking in Langston Hughes parking lot (at side/rear of building)

Date:

Sat. Nov. 17 noon - 5:30 pm: *Asana / Vinyasa / chanting / savasana*

Sun. Nov. 18 10 - 3:30 pm: *Pranayama / Restorative*

Fees:

\$220 for the whole seminar (\$195 before Nov 1)

\$110 one day only (\$95 before Nov 1)

For more information and local accommodations:

call 716-954-3334

or visit www.bootstraphealth.com and www.openskyyoga.com



François Raoult is dedicated to teaching yoga with awareness, integrity and compassion. He first felt the call at age 19, on a pilgrimage to sacred sites of India. A graduate of the Ecole Nationale de Yoga in Paris, he started teaching in 1975 and a year later began extensive training with Sri B.K.S. Iyengar. Today a certified Iyengar instructor, François also has studied meditation with Zen Master Thich Nhat Hanh, Ayurveda with Dr. Robert Svoboda, and anatomy with Thomas Myers. In addition to conducting an annual retreat in France, François teaches regularly throughout the United States, Europe, Canada and Mexico. He is the director of Essential Yoga Teacher Training™—a creative program for yoga teachers—and the founder of Open Sky Yoga Center in Rochester, NY.



Send your check or charge to:

Open Sky Yoga Center
19 Birch Crescent,
Rochester, NY 14607

Name _____ Occupation _____

Address _____

Phone _____ E-mail _____

Visa MasterCard Name on card _____

Credit card number _____ Expiration date _____

Amount charged on card \$ _____

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

No refunds unless you find somebody to take your place.

Buffalo