



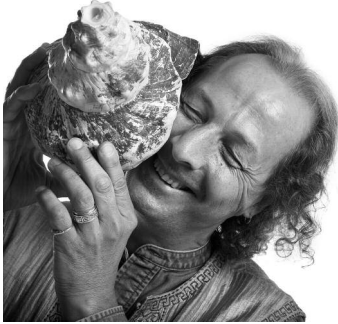
Open Sky Yoga *presents*

Journey through all Cycles of Asanas

Practice & Surrender

Third residential yoga retreat at Chapin Mill Zen Center

Yoga Retreat, September 24-26, 2010



François Raoult M.A., R.I.Y.T. 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 US, Europe, Canada, Mexico and India. He is the founder of Open Sky Yoga Center in Rochester, NY.

Open to all students of Life and teachers of Yoga.

Sound Journey Saturday evening (bring tibetan bowls, bells, rainsticks, didjeridoos etc....)

Join François Raoult for the third residential Open Sky Yoga retreat in the Rochester area. Experience the benefits of intense practice (tapas) and complete Surrender (isvara pranidhana). Don't miss this opportunity to deepen your connection to yoga, to nature and to fellow practitioners. Hike in the woods, sit next to the waterfall, sleep in a quiet environment! One year of yoga experience is a prerequisite.



Times:

Arrival Friday, Sept 24, 4:30pm

Departure Sunday, Sept 26, 2pm after lunch. First class at 5:30pm on Friday evening before dinner. Saturday and Sunday early Pranayama at 6am and Asanas from 9:30 to 12:30pm. Restorative Saturday afternoon and Sunday late morning.

Fees:

\$395 early wild geese before July 15
(\$425 after July 15)

Includes all classes, lodging (2 nights) and 6 organic vegetarian meals prepared by Jacquelyn Powers, chef at Orange Glory. Simple accommodation in rooms of 2 to 6 people. Couples will have priority for double room. Bring sheets and towels and a bathing suit. Blankets are provided. Bring all yoga props: blankets, bolster, mat, block and belt. We will have some available as well.

Maximum 30 people. Register early, as workshop will attract students and teachers from out of town.

Location:

8603 Seven Springs Rd, Batavia, NY 14020
Take Highway 490 west, 20 miles out of Rochester (past Churchville) to exit for Highway 33 west (2nd exit for 33 west). Continue on 33 west for 11 miles to Seven Springs Road. Turn Left and continue 3/4 mile to Chapin Mill. Entrance on left.

François Raoult, Open Sky Yoga
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Y o g a C e n t e r

Don't wait.

Send your check or charge today to:

Open Sky Yoga Center
19 Birch Crescent
Rochester, NY 14607

Name _____

Address _____

Phone _____ E-mail _____

Major credit cards accepted. Name on card _____

Credit card number _____

Expr. date _____ Verification Code (three-digit number on back of card) _____

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

No refunds unless you find somebody to take your place.