



*Inner Journey through  
Asana, Pranayama &  
Savasana  
With  
Francois Raoult*

November 2, 3 & 4, 2007  
Friday evening, Saturday and Sunday

Sponsored by Yoga Unlimited and The Yoga Centre of Burlington

**Location:** **Hearthstone by The Lake, Burlington, Ontario, Canada  
(corner of Burloak and Lakeshore)**

**Fee:** **\$340.00 plus gst**

**Times:** **Friday 6:30—9:00 p.m., Saturday 9:00—4:30 & Sunday 9:00—3:30**

Renowned for improving flexibility, precision, alignment and strength, the tradition of Iyengar yoga taught by Francois Raoult opens the gateway to the heart. The workshop will give you the opportunity to explore yogic philosophy in a practical way through the experience of dynamic postures, the depth of restorative postures, the practice of harmonic chanting and deep breathing.

This is a rare opportunity to study with a master teacher.

Teachers and students from all traditions are welcome.

Francois 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, Francois has also 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, Francois 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

**Make cheques payable to The Yoga Centre of Burlington  
541 Brant Street, Suite 1, Burlington, On, Canada L7R 2G6 Telephone 905-639-6138**

*register early as space is limited , no cash refunds*

**Registration:** **Name:** \_\_\_\_\_

**Address** \_\_\_\_\_

**Telephone & email** \_\_\_\_\_