



PO Box 1243  
Portland, ME 04104  
Studio located at 137 Preble Street

The Yoga Center

# Weekend Workshop with Francois Raoult

November 10 & 11, 2007

## Alignment in Yoga and Life

**SATURDAY 10-1 PM THE FOOT AND ANKLE** – in asana and in daily life  
**2-4 PM PRANAYAMA AND BREATH** – exploring the subtle currents of prana

**SUNDAY 10-1 PM THE STERNUM & SACRUM** – opening the rib cage and visiting the sacred bone  
**2-4 PM HOW TO PRACTICE AND TEACH SAVASANA** – refining the experience

**ENTIRE WORKSHOP – only \$169**

Full Day – Saturday or Sunday \$98

Half Day – Morning \$59; Afternoon \$39

The Yoga Center

137 Preble Street, Portland, Maine

[www.maine yoga.com](http://www.maine yoga.com)

774-YOGA (774-9642)

*“Francois is brilliant. We’ve found his insights invaluable over the years. He is one of our favorite teachers.” - Vickie & Jennifer*



Francois Raoult, director of Open Sky Yoga Center and The Essential Yoga Teacher Training™ in Rochester, NY teaches with awareness, integrity, and compassion. A graduate of the Ecole National de Yoga in Paris, Francois began teaching in 1975. A certified Iyengar instructor, he also studied meditation with Zen Master Thich Nhat Hanh, ayurveda with Dr. Svoboda, and anatomy with Tom Myers. Francois teaches throughout the US, Europe, Mexico and Canada.

### Registration Information:

Please mail coupon with payment to: **THE YOGA CENTER, PO Box 1243, Portland, ME 04104**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Workshop, full or half day desired: \_\_\_\_\_ Amount Enclosed \$ \_\_\_\_\_