

Sponsored by Barbara Boris of Woodstock Yoga

How to Improve Your Posture

Tadasana as a Blueprint for Yoga and Life with François Raoult

October 2-3, 2010 in Woodstock, NY



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.

"If you give it good concentration, good energy, good heart and good performance the song will play you."

—LEVON HELM

In this yoga 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:

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

Location: Mountain View Studio
20 Mountain View Ave, Woodstock NY 12498

Times:

Sat 9:30-4:30 with light lunch break

Sun 9:30-4:30 with light lunch break

Fees: \$220 by Sept ,1 2010/ \$250 after Sept 1

One day only: \$125/ \$145 after Sept 1.

For information:

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visit www.barbaraborisyoga.com

and www.openskyyoga.com



Includes nationally acclaimed slide show on posture.

Send your check or charge to: Barbara Boris,
21 Witchtree Road, Woodstock, NY 12498

Name _____

Occupation _____

Address _____

Phone _____ E-mail _____

Enclosed is my check (payable to Barbara Boris) for \$ _____

For PayPal payments, log on to PayPal and send payment to bxboris@yahoo.com

No refunds unless you find somebody to take your place.

