

Yogasana Center in Brooklyn, NY presents



yoga the Journey



A Pranic Connection with François Raoult

September 24-25, 2011

Saturday AM 10-12:30 \$60

The foot in all asanas and in sitting meditation poses leading to padmasana...anatomy and practice.

Saturday PM 2-4:30 \$60

Vilomas in Restorative poses and deep listening to sacred music

Sunday AM 10-12:30 \$60

Vinyasas of standing poses and the 3 bandhas

Sunday PM 2-4:30 \$60

Deep exhalation, bhramari, Om and nada yoga (yoga of sound), savasana

*Four sessions of 2.5 hours
Each individual session \$60*

Entire weekend \$220

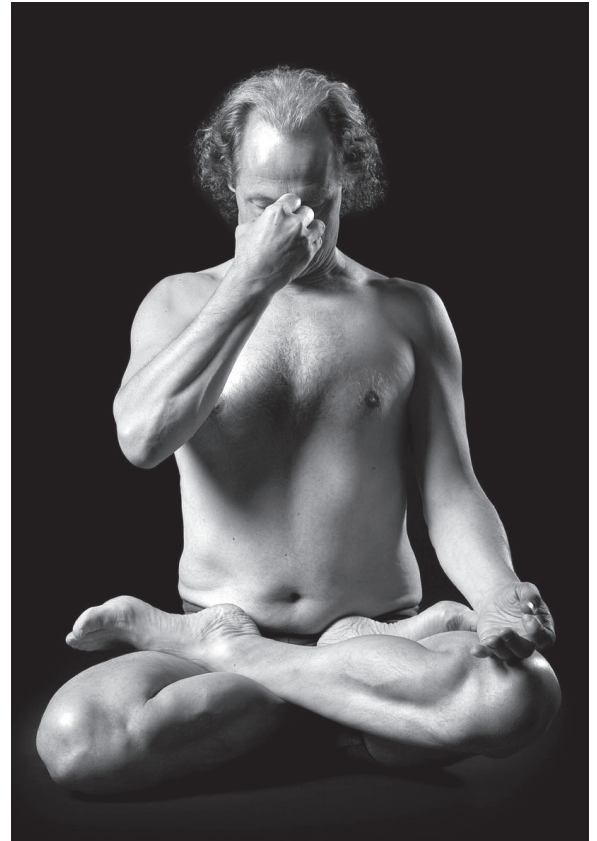
*For more information
and local accommodations:*

718-789-7255

www.yogasanacenter.com

info@yogasanacenter.com

All classes are open to all levels.



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

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. Francois is certified in Gong Yoga and "Laughing For No Reason"!



Send your registration (check or charge) to: Yogasana Center, 118 Third Avenue, Brooklyn 11217

Name _____

Address _____

Phone _____ E-mail _____

Visa MasterCard Name on card _____

Credit card number _____

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

Enclosed is my check for \$ _____, payable to Yogasana Center.

No refunds unless we are able to fill your spot.

