



The Yoga Centre of Burlington
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Feet on the Earth, Head in the Sky

A Journey in the Anatomy of Asana, Breath & Sound with Francois Raoult

Dates: Friday, Nov 4 – 6:00-9:30 pm
Saturday, Nov 5 – 11:00-6:00 pm
Sunday, Nov 6 – 9:00-3:00 pm

Cost: \$280 (+hst)

In this seminar we will map the inner geography of the body, naming places can be helpful but also learning to let go of labeling to look deeply at the sheer beauty and experience the state of Yoga for the sake of it. Regaining, improving and maintaining function as we age and reclaiming the full territory of the breath is a noble spiritual path. Afternoons will be devoted to deep listening of sacred music, Nada Yoga and Silence.



Renowned for improving flexibility, precision, alignment and strength, the tradition of B.K.S. Iyengar yoga as taught by Francois Raoult, opens the gateway to the heart. This workshop will give yoga students and teachers an 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 special weekend to share the opportunity to explore the gift of yoga with a master teacher.

François Raoult 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. François is also certified in Gong Yoga and in "Laughing For No Reason!"



Students from all traditions are welcome.

Payments may be made by Visa, Mastercard, or cheque. Contact ycob@yogaburlington.ca

Send cheques to address above, make payable to The Yoga Centre of Burlington.

To register please call the Yoga Centre of Burlington at 905-639-6138 or drop in at 541 Brant Street to sign-up in the library.