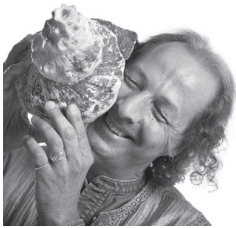




The Piedmont Yoga Studio is pleased to present:

Evolution and Tradition of Hatha Yoga with François Raoult



François Raoult MA, ERYT, Director of Open Sky Yoga, 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. 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."

He's also just completed the International Sound healer training in Alicante, Spain.

Piedmont Yoga is pleased to welcome François Raoult back for his annual Fall visit. This year François will be focusing on several of the many forgotten practices of traditional Hatha Yoga.

FRIDAY – 6:00 to 9:00 pm. The Five "Inner Winds" (vayus): Mapping the pranic currents in asana and pranayama.
Shavasana: Cosmic Sleep

SATURDAY – 11:00 am to 2:00 pm.
Asana and Pranayama: A dialogue between Form and Content.

SATURDAY – 3:00 to 6:00 pm. Traditional Nada Yoga (the Yoga of Subtle Sound): Listening to the sound of silence and the silence in sound. Voice and sound exploration. Please bring a Tibetan bowl, chime, or any other resonating instrument.

SUNDAY – 1:30 to 5:00 pm. The Three Bandhas and their subtle relationship to asanas.

This is a rare opportunity to study with a master teacher.
Teachers and students from all traditions are welcome.

4 Sessions:
Friday, Oct. 14, 6:00-9:00 pm • \$60
Saturday, Oct. 15, 11:00-2:00 pm • \$60
Saturday, Oct. 15, 3:00-6:00 pm • \$60
Sunday, Oct. 16, 1:30-5:00 pm • \$70
Fee: \$230 (all)
if registered on or before 10/1.
Add \$15 for registration thereafter.
Registration via credit cards accepted at www.piedmontyoga.com

Piedmont Yoga Studio • 3966 Piedmont Avenue • Oakland

For more information call 510.652.3336

e-mail: pys@piedmontyoga.com or visit our website: www.piedmontyoga.com

Registration: **Inner Journey through Asana, Pranayama & Savasana with François Raoult**

Fee (please check): \$230 all sessions \$60 Friday \$60 Saturday AM \$60 Saturday PM \$70 Sunday

Fees shown above when registering before 10/1. Add \$15 to each session thereafter.

Name _____ Daytime Phone _____

Address _____ Evening Phone _____

City/State, Zip _____