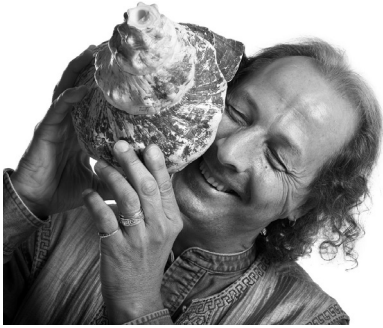


20 hours



Essential Pranayama teacher training



For certified yoga teachers from Open Sky or other yoga schools

September 8-9-10, 2017

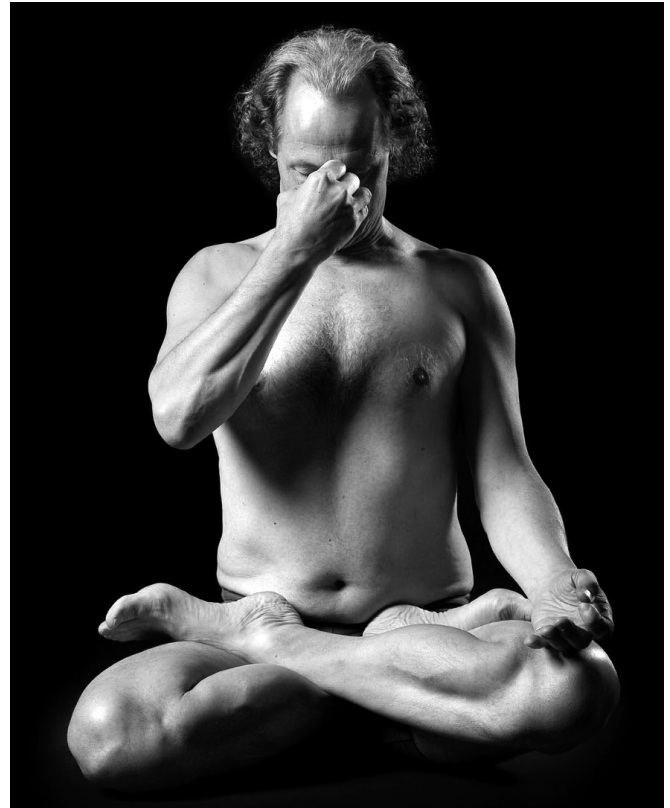
FRIDAY 4-8:30pm

SATURDAY 12:15-8:15pm with tea break

SUNDAY 6:30-8am, 9:30-12:30pm, 2-5pm

These interactive and creative sessions will cover:

- Anatomy of breath
- How and when to teach and practice pranayama—the art and science of breath
- Ujjayi, viloma, bhramari, nadi sodhana, kapalabati, bhastrika, sitali, sitakari
- What is normal/natural breath?
- Ayurvedic approach to pranayama, Pranayamas to pacify each dosha
- Asanas, active and restorative enhancing breath and preparing the pranic field
- Bandha or a-bandha, science of seals and irrigation
- Listening and shaping the sound of breath. Breath as a mantra
- Various approaches to chanting OM
- Savasana, vibration and cellular breathing



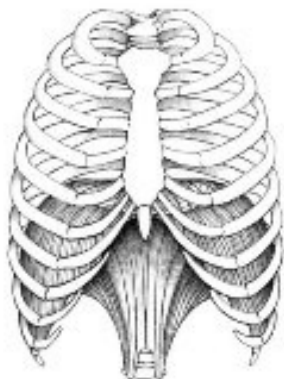
François Raoult MA, ERYT
François is the founder and director of Open Sky Yoga Center in Rochester, N.Y. and has taught yoga since 1975. He conducts seminars international retreats and teacher trainings worldwide. A graduate of the Ecole Nationale de Yoga in Paris and among the first french yoga instructors to study in Pune, India with B.K.S. Iyengar, François also has explored meditation, ayurveda and experiential anatomy. Certified in Gong and Laughing Yoga, François completed the International Sound Healer program and also holds a master's degree in Ethnomusicology.

Fee \$595

Handouts and book list with specific readings will be provided prior to the seminar.

For Open Sky **certification**, homework assignments with case studies and readings completed by December 15, 2017 (extra fee \$75).

Send your registration (check or charge) to: **Open Sky Yoga Center, 7 Arnold Park, Rochester, NY 14607**



Name _____

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_____ Zip code _____

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Verification Code (three-digit number on back of card) _____ *Make check payable to: Open Sky Yoga.*