

Iyengar Yoga Center of Boulder

Asana Posture *Pranayama* Breath *Naada* Sound



The Iyengar Yoga Center of Boulder is proud to sponsor a 5-hour seminar with senior teacher **François Raoult** exploring the essentials of posture (spine, vertical axis), breath (toning and releasing the diaphragm), and sound (chanting and listening to sacred music of all traditions). All levels welcome!

Thursday, May 9, 2019

11:30am-4:30pm with tea break \$120 per student

To register, visit <http://www.boulderyoga.com/workshops/>



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. François is on the faculty of L' Ecole du Corps-Conscience, a leading somatotherapy school in France and Naada Yoga Center in Montreal. Certified in Gong and Laughing Yoga, François completed the International Sound Healer program and also holds a master's degree in Ethnomusicology.



IYENGAR YOGA CENTER OF BOULDER

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