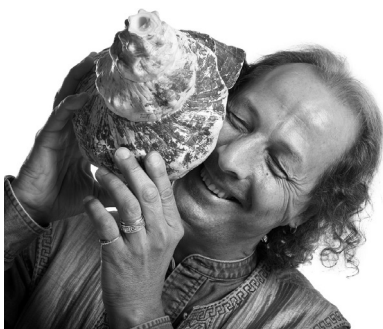


# Pranayama & Naada

## Breath & Sound



Open to teachers and motivated students of all schools.

**April 12-13-14, 2019 in Reykjavík ICELAND**

FRIDAY 2-7pm with tea break

SATURDAY and SUNDAY 9-12:30pm, 2-4:30pm

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

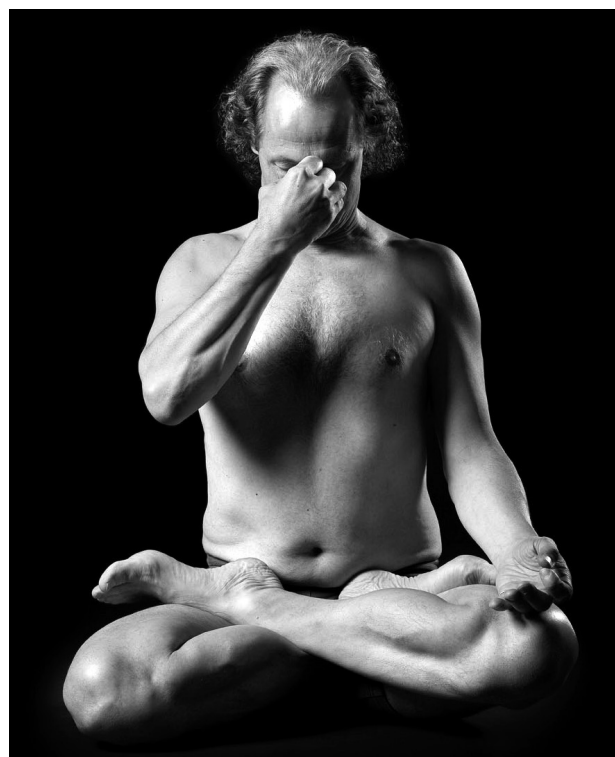
**Fee 280 € (37000 ISK)**

**CERTIFICATION**

for 200h Certified Yoga Teachers  
*Includes Bibliography, feedback on case study and thesis, plus an Open Sky Yoga Pranayama certificate.*

**Extra fee 100 € (13500 ISK)**

*Handouts will be provided at the seminar.*



**François Raoult M.A., 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.*

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Name \_\_\_\_\_

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Visa  MasterCard Name on card \_\_\_\_\_

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

Weekend  Certification Fee *No refunds unless we are able to fill your spot.*

*Iceland*