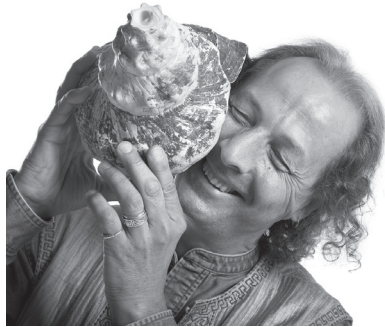


# Awakening ASANA, the spine PRANAYAMA through & NAADA

triyoga

Presented by TRIYOGA, LONDON with FRANCOIS RAOULT, Open Sky Yoga

LONDON



**Franois Raoult M.A., ERYT**  
*Franois 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, Franois also has explored meditation, ayurveda and experiential anatomy. Certified in Gong and Laughing Yoga, Franois completed the International Sound Healer program and also holds a master's degree in Ethnomusicology.*

## led by Senior Teacher **Franois Raoult** **September 20-22, 2019**

Led by Francois Raoult, you will spend the weekend exploring the connection between breath, posture and sound. You will learn how asana can support pranayama (breathing and pranic flow) and how pranayama and sound vibration bring a deeper level of presence into your asana practice.

### **Spinal Waves:**

#### **Asana, Ujjayi, Bhramari + Savasana**

**Friday, 18:30 - 21:30 £65**

Primary and secondary curves of the spine.

- Stretch hamstrings to prevent lower back pain
- Improve posture / breathing patterns
- Liberate the diaphragm
- Listen to your breath in ujjayi pranayama and bhramari
- Create a full breath cycle effortlessly

#### **Asana To Enhance Pranayama,**

#### **Followed By Kapalabati + Bhastrika**

**Saturday, 10:00 - 12:30 £55**

Fluency with kapalabati and bhastrika

- Relax / tone diaphragm
- Anatomy of the diaphragm
- Tone and release the abdominal wall for optimal deep breathing and healthy organs

#### **Viloma Pranayama, Restorative + Naada**

**Saturday, 14:00 - 17:00 £65**

Play with and define viloma (three-part breath) variations

- Chant, creating basic overtones with the vowels of the mantra

### **Regaining Your Vertical Axis:**

#### **Standing Poses + Inversions**

**Sunday, 10:00 - 13:00 £65**

Regain your vertical axis in standing postures and sitting

- Prevent back pain and foot pathologies with proper tadasana
- Access inversions with no fear and benefit from antigravity field

#### **Mantra + Sacred Music: Exploring Overtones, Restorative + Shamanic Savasana**

**Sunday, 14:30 - 17:30 £65**

Access the state of yoga in savasana and pratyahara (the withdraw of the sensory organs)

- Chanting or listening as a primary source of nourishment and happiness for human beings since time immemorial

### **Entire Workshop: £300**

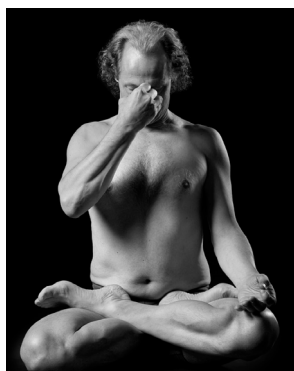
(£260 early bird until 1st July, 2019)

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For registration and more details visit [www.triyoga.co.uk](http://www.triyoga.co.uk)



If you wish to register by mail, send to: 57 Jamestown Road London NW1 7DB

Name \_\_\_\_\_

Address \_\_\_\_\_

ZIP \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

**Tradition is not the worship of ashes but the preservation of fire. —Gustav Malher**