

Naada & Raga

INDIAN CLASSICAL MUSIC MEETS MODERN COMPOSERS



with **FRANÇOIS RAOULT**

Thursday, November 14, 2019, 6-9 pm \$75

“What in the World is music ?!” —Helen Koskoff

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.

**Location: 5 Arnold Pk.
behind Zen Center**

585-330-7601

**www.openskyyoga.com
yogawave108@gmail.com**

Indian Classical music is a powerful tradition. For a long time, ethnocentric musicologists ignored it or dismissed it as being too simplistic and repetitive. But now we realize the subtlety and depths of that music, improvised on a drone with micro-intervalles and overtones. . . . it has a huge impact on some modern composers and of course as yogini and yogi we are directly concerned! Listening creates a state of yoga, a state of transe.

We will chant, meditate in silence, listen to raga from Dagar and Gundecha

brothers, Pandit Jasraj of course (I heard him twice in concert in Rishikesh and in Pune, the only time B.K.S. Iyengar cancelled a class so we could go to the concert!) We will travel inside with music of our time as well . . . Glass, Messiaen, the Beatles, Andrea Bauer, Takemitsu, Pauline Oliveiros—to name a few. As usual in the Naada evening club, we are taking refuge in restorative poses including sitting, where deep listening is amplified and embodied.



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

Name _____

Address _____ ZIP _____

Phone _____ E-mail _____

Visa MasterCard Name on card _____

Credit card number _____

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

Enclosed is my check for \$ _____, payable to Open Sky Yoga.

No refunds unless you find somebody to take your place.

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