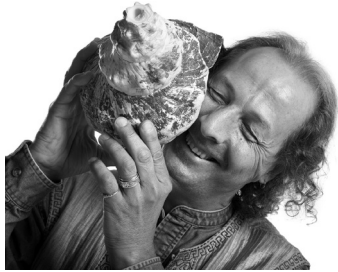


Second International Yoga Retreat in Italy

Stromboli Island



FRANÇOIS RAOULT MA, ERYT, Director of Open Sky Yoga, is the founder and director of Open Sky Yoga Center in Rochester, NY. A certified Iyengar instructor, he has traveled and studied extensively in India, including a six month pilgrimage in 1972. François has taught yoga since 1975 and conducts seminars worldwide. François holds a master in Ethnomusicology and is certified in Gong and Laughing Yoga (!).

NATHALIE ALVAREZ is François's wife and co-creator of the Journey to India. A pioneer in the fields of massage and transpersonal therapy since 1981—Nathalie directs L'Ecole du Corps Conscience, based in Montpellier, France. Nathalie's work combines expression, symbolism, mandalas and color therapy.



June 1 to 8, 2019 with

FRANÇOIS RAOULT and NATHALIE ALVAREZ

Join us for a week of yoga and creative journaling in a mythical place.

The resort Villagio Stromboli is right on the beach with view on the spectacular Volcano which we will climb the fourth day at night. I have been in this quiet island (no cars) many times and always felt recharged by the extra-ordinary vibration of the land.

Fly to Sicily (Catania) or Naples then take a ferry (overnight from Naples or every few hours from Milazzo) so after the retreat you can explore the Amalfi coast, Pompeii, the romantic Capri, the Vesuvio or Sicilian baroque towns like Noto, south of Etna.

We will practice yoga twice a day on the roof top (protected by a sun roof). Dynamic sessions including pranayama in the morning and more restorative/relaxation into the evening. Afternoons and free time will be devoted to creative journaling, walking, swimming, resting....



\$1750 Limited to 20 participants

Fee Includes:

- All yoga sessions (am and pm)
- Lodging in rooms (by 2 or 3) with private bath in exclusive Villagio Stromboli resort with views of the ocean and the volcano.
- Breakfast/brunch everyday and first evening vegetarian dinner.
- Night trek with an experienced guide to the top of the volcano at night.
- Art supplies for creativity sessions.

for information: www.openskyyoga.com yogawave@rochester.rr.com



Send your registration to: Open Sky Yoga Center, 7 Arnold Park, Rochester, NY 14607



Name _____

Address _____

Phone _____ E-mail _____

Previous Yoga Experience _____

\$1750 (non-refundable deposit \$500)

Visa MasterCard Name on card _____

Credit card number _____

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

\$500 deposit, balance by February 1, 2019 full amount *No cash refund after May 1 unless you find somebody to take your place.*