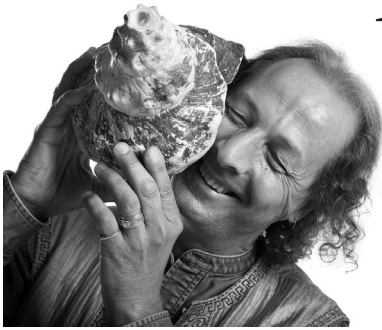


Open To All Students,
Teachers And Teacher Trainees
from All Schools of Yoga
and All Ways of Life...

Sustainable Yoga

A Prescription for Life!

Essential Practices for
Physical and Mental Health



led by Senior Teacher **François Raoult**

February 16-17, 2019 Rochester, NY

Saturday, 12:30 to 6pm with a tea break Sunday, 9am to 4 pm with a lunch break

*François will guide creative yogic explorations
in asana (postures), pranayama (breath) and naada (sound).*

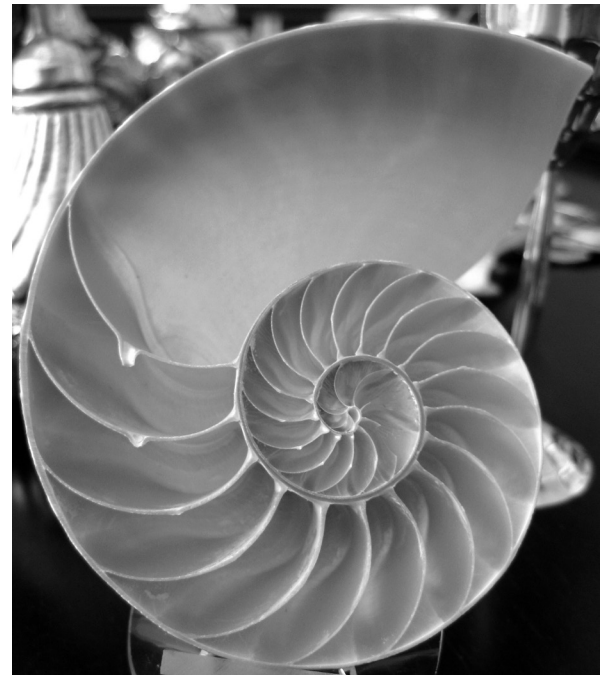
Morning Sessions

Active asana, vertical axis in standing and inversions, toning, stretching, repatterning the whole body.

Afternoon Sessions

Deep relaxation, breath explorations through classical pranayama, mantra and sacred music

You will leave this workshop with a pool of practices to enhance, inspire, or begin a personal home practice. As an art, personal yoga practice is what supports mental and physical health. Group classes and workshops are designed to give the student the discipline, the mindfulness, the knowledge, and the inspiration, to respond to life challenges and to minimize or prevent health concerns.



*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 medita-
tion, 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.*

\$275

Early bird by January 15 **\$245**

10% discount for seniors and students

www.openskyyoga.com
yogawave@rochester.rr.com

5 Arnold Pk., behind Zen Center

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 we are able to fill your spot.

