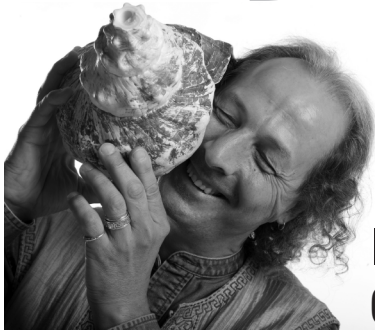


The Studio at Panterra in Westfield presents

Journey towards the center



led by Iyengar Instructor **François Raoult**
October 1-2, 2011 Westfield, NY
 10am - 5pm with a lunch break

François Raoult M.A., R.I.Y.T. first felt the call to yoga at age 19, on a pilgrimage to sacred sites of India. Then he completed a masters degree in ethnomusicology. In addition to directing Open Sky Yoga Center, François teaches yoga seminars worldwide. A graduate of the Ecole Nationale de Yoga in Paris and a Certified Iyengar Instructor, he has taught yoga since 1975 and studied meditation with Zen Master Thich Nhat Hanh, Ayurveda with Dr. Robert Svoboda, and anatomy with Thomas Myers. François is certified in Gong Yoga and "Laughing For No Reason"!

With Francois' expert guidance, explore the art of sequencing and mindful vinyasa in the morning sessions, then enjoy nada yoga (yoga of sound) combined with pranayama and relaxation in the afternoons.

AM MINDFUL VINYASA / The art of sequencing
Saturday standing and inversions
Sunday back bends and forward bends

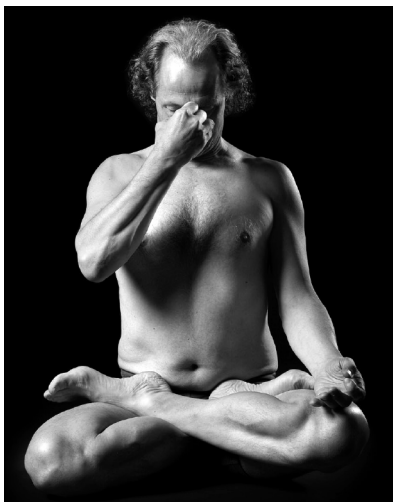
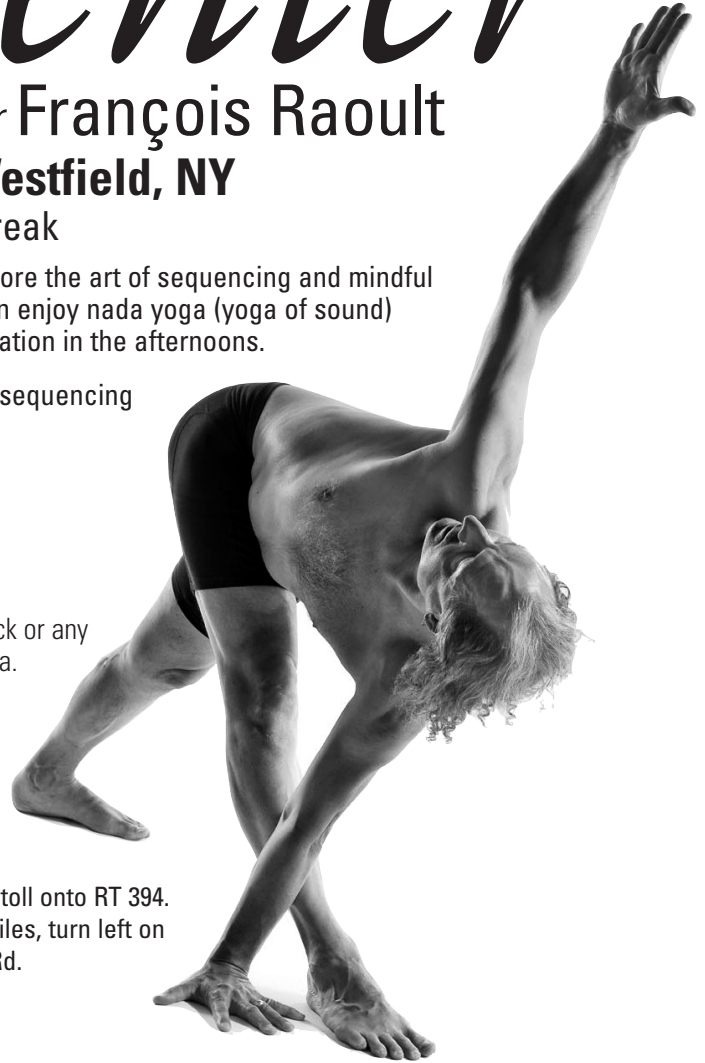
PM DEEP LISTENING
 Nada yoga/Sound journey
 Pranayama/Savasana

Please bring a tibetan bell, gong, rainstick or any instrument with resonance for Nada yoga.

Fees:
\$210 by August 15, then **\$235**.

Location/Directions:
 The Studio at Panterra
 8579 Hardscrabble Rd, **Westfield, NY.**
 Take Route 90, Westfield exit. Left after toll onto RT 394.
 Right at light onto RT 20 west. After 2 miles, turn left on
 Jillson Rd, then right on Hardscrabble Rd.

For more info: call 716-326-3993
 or email studiopanterra@mac.com



Send registration to: Open Sky Yoga Center, 19 Birch Crescent, Rochester, NY 14607

Name _____ Occupation _____

Address _____

_____ ZIP _____

Phone _____ E-mail _____

Major credit cards accepted. Name on card _____

Credit card number _____

Expiration 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.

Westfield