

Eleventh International Yoga and Creativity Retreat in Greece

TRIOPETRA, CRETE

**YOGA &
CREATIVITY**

August 10-17, 2024

2024



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 partner in life and co-creator of the Journey to India. A pioneer in the fields of trans-personal therapy since 1981, Nathalie directed L'Ecole du Corps Conscience, based in Montpellier, France. Her artist work combines creativity, symbolism, mandala and color therapy.



\$2250 double room

\$2550 single room (if available)
(nonrefundable deposit **\$500**)

Includes all classes, all meals,
7 nights lodging, rooms with
AC & private bath
No refunds after June 30.

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FRANÇOIS RAOULT & NATHALIE ALVAREZ

Fly to Athens and take a plane or ferryboat to Heraklion. After the retreat, you can drift towards other islands like Santorini by boat. Our days together will begin with early pranayama practice in the yoga hall overlooking the ocean. The core of the morning sessions will explore the foundations of a Yoga practice through the cycles of classical poses. These energetic sessions will aim to build strength, stamina and increase flexibility. In the afternoon you can go to the beach or explore the island and the nearby villages. • The late afternoon classes are devoted to restorative poses, savasana and deep listening to sacred music of all traditions. Nathalie will propose creative sessions of symbolic art as a theme interwoven with the Yoga sessions. *(Art supplies provided)*



New theme each year!



Please, pre-register online at **www.openskyyoga.com** to reserve your space.