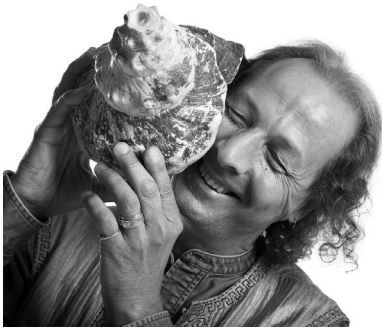


Presented by HIGH DESERT YOGA



Essential Pranayama teacher training



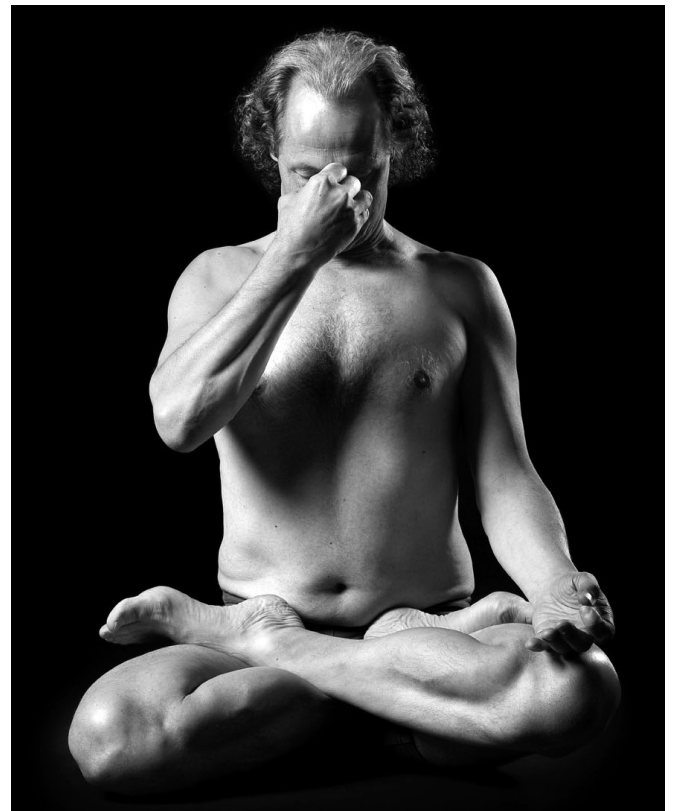
For certified yoga teachers and motivated students.

April 14-16, 2017 Albuquerque, NM

FRIDAY 2-7pm SATURDAY and SUNDAY 7-10am, 1:30- 6 pm

These interactive and creative sessions will cover:

- Anatomy of breath
- How and when to teach and practice pranayama—the art and science of breath
- Ujjayi, viloma, bhramari, nadi sodhana, kapalabati, bhastrika, sitali, sitakari
- What is normal/natural breath?
- Ayurvedic approach to pranayama, Pranayamas to pacify each dosha
- Asanas, active and restorative enhancing breath and preparing the pranic field
- Bandha or a-bandha, science of seals and irrigation
- Listening and shaping the sound of breath. Breath as a mantra
- Various approaches to chanting OM
- Savasana, vibration and cellular breathing



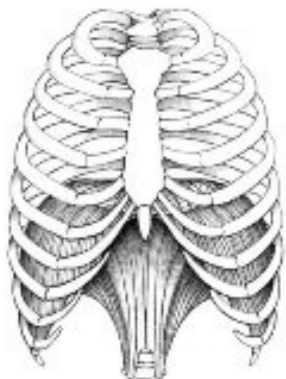
François Raoult MA, ERYT
François is the founder and director of Open Sky Yoga Center in Rochester, N.Y. and has taught yoga since 1975. He conducts seminars international retreats and teacher trainings worldwide. A graduate of the Ecole Nationale de Yoga in Paris and among the first french yoga instructors 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.

Fee \$495

Handouts and book list with specific readings will be provided prior to the seminar.

Certification includes homework assignments, written feedback and Open Sky Yoga Pranayama certificate (\$95 check or CC to François Raoult).

Send your registration today to: **High Desert Yoga, 4600 Copper NE, Albuquerque, NM 87108**



Name _____

Address _____

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Make check payable to: **High Desert Yoga 505-232-9642 yogainfo@highdesertyoga.com**