

Third International Greek Yoga Retreat in

Triopetra, Crete 2014



François Raoult MA, ERYT, Director of Open Sky Yoga, is dedicated to teaching yoga with awareness, integrity and compassion.

He first felt the call at age 19, on a pilgrimage to sacred sites of India. A graduate of the Ecole Nationale de Yoga in Paris, he started teaching in 1975 and a year later began extensive training with Sri B.K.S. Iyengar.

François also has studied meditation with Zen Master Thich Nhat Hanh, Ayurveda with Dr. Robert Svoboda, and anatomy with Thomas Myers. In addition to conducting an annual retreat in France, Francois teaches regularly throughout the US, Europe, Canada, Mexico and India. He is the founder of Open Sky Yoga Center in Rochester, NY. François is also certified in Gong Yoga and in "Laughing For No Reason. He's also just completed the International Sound healer training in Alicante, Spain.

JULY 6-13, 2014 with FRANÇOIS RAOULT

Join us for one week of yoga and meditation in Greece. SEA, YOGA and SUN!

Fly to Athens and take a plane or ferryboat to Heraklion. After the retreat, you can drift towards other islands like Karpathos, Rhodes, Santorini etc... 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 then explore the foundations of a Yoga practice through the cycles of classical poses (standing, seated, back arcs, spinal rotations and inversions). 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 will be devoted to restorative poses and deep relaxation. These practices open the body to receive the life-force and healing of the breath.



for information:

www.openskyyoga.com

yogawave@rochester.rr.com

585.244.0782

Send your registration (check or charge) to: Open Sky Yoga Center, 19 Birch Crescent, Rochester, NY 14607



Name _____

Address _____

Phone _____ E-mail _____

Previous Yoga Experience _____

\$1950 (non-refundable deposit \$500) Includes all classes—morning & afternoon, and all meals.

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.

\$500 deposit, balance by March 1, 2014 full amount