

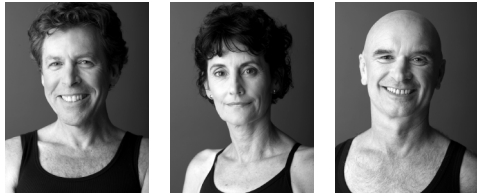
Open Sky



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, François 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.

OPEN SKY YOGA FACULTY:

Tom Battley Eleanor Goldfarb Rick Lynch
Carla Anselm Kristin Smith



Join anytime. Free trial class.

585 244-0782 yogawave@rochester.rr.com
www.openskyyoga.com

winter yoga

*Fees for the 8 week session,
once a week, unless noted.*

Jan. 9 to Mar. 4, 2012

Mon.	5:15-6:45 pm	Level 1-2	Rick	\$148
	7-8:30 pm	Level 1	Rick	\$148
Tues.	9:30 -11 am	Level 2	Eleanor	\$148
	4:30-5:45 pm	Back care basics/Gentle Yoga	François/Kristin	\$148
	6-7:30 pm	Level 1	François/Tom	\$156
	7:45-9:15 pm	Level 1-2	François/Tom	\$156
Wed.	9:30-11 am	Level 1	Eleanor	\$148
	5:15-7:15 pm	Level 2-3	François/Eleanor	\$168
	7:30-9:00 pm	Level 1	Tom	\$148
Thurs.	4:15-5:45 pm	Level 1-2	François/Tom	\$156
Fri.	9:30-11:30 am	Level 3-4/Teachers	François/Rick	\$168
	noon-1:15 pm	Level 1-2	François/Carla	\$148
Sat.	8:30-10 am	Level 1-2	Carla	\$148
	10:15-11:30am	Relaxation/Restorative	Carla	\$120/drop-in \$15

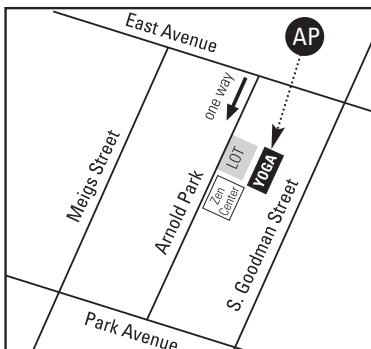
Prenatal students can join the 8:30 am class.

When François is out of town, the other instructor listed will be teaching.

Jan 14, 2012	2-5pm	Shoulder openers	Rick Lynch	\$60
Feb 12	3-5:30pm	Restorative Seminar	Eleanor	\$45
June 1-3		Nada Yoga Festival		
July 8-15		Crete International retreat	François	\$1950
Dec 28, 2012-Jan 11, 2013		South India Journey	François & Nathalie	(\$800 deposit)

DISCOUNTS: (one discount per student) 2 classes or more per week—10% discount/students & seniors—15% discount

Send to: **Open Sky Yoga Center,
19 Birch Cres., Rochester, NY 14607**



5 Arnold Park, Roch. Zen Center Carriage House

Name _____ E-mail _____

Address _____ ZIP _____

Phone _____ Occupation _____

Day/Time of classes/seminars _____

Visa MasterCard Expiration date _____

Credit card # _____ 3-digit Verification Code _____

Name on card _____

Enclosed is my check for \$ _____, payable to Open Sky Yoga.

Shoulder Restorative Nada Crete India