

20 hour TEACHER TRAINING
module on adjustment techniques
for Asana and pranayama



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.

\$545

(\$495 early registration by July 1)

Open Sky Yoga, 7 Arnold Pk.
(behind Zen Center)
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The Art of Assisting Asana

with **François Raoult**

SEPTEMBER 8-10, 2017 FRI 3 to 8pm SAT 1 to 8pm SUN 9am to 5pm

This module is for teachers from all schools and for graduates from Open Sky Yoga to deepen their skills observing, seeing and adjusting students in class. Recognized for continuing education credit with Yoga Alliance.

When, why and how do we adjust students in Asana?

We will take examples in all cycles of Asana, forward bends, back bends, standing and seated poses, inversions, arm balances and restorative. We will learn to adjust sitting meditation poses as well and become followers of the breath. The hand is a unifying medium between teacher and student. Touch has to be receptive, subtle and without any ambiguity. It is an originality of the Iyengar tradition to assist and adjust the Asana so the potential of the student is expressed fully. Mindful adjustments also help to be more functional, avoid compensations and in that way prevent pathologies. This the first time François presents this module in Rochester, sharing all the techniques he learned from Sri B.K.S. Iyengar and Noelle Perez-Christians over 40 years of study and practice. We will also take time to rest and chant at the end of the sessions.



Send your registration (check or charge) to: Open Sky Yoga Center, 7 Arnold Park, Rochester NY 14607

Name _____

Address _____

_____ Zip code _____

Phone _____ E-mail _____

Visa MasterCard Name on card _____

Credit card number/Expiration date _____

Verification Code (three-digit number on back of card) _____ *Make check payable to: Open Sky Yoga.*