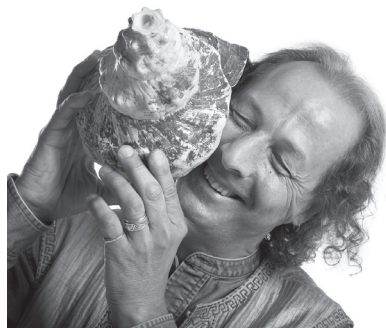


Asana POSTURE
Pranayama BREATH
Naada SOUND



led by Senior Teacher **François Raoult**

April 28-29, 2018 DENVER

SATURDAY 10 to 4:30 with a lunch break
SUNDAY 9 to 3:30 with a lunch break

François will guide creative yogic explorations in asana (postures), pranayama (breath) and naada (sound).

Morning Sessions

Active asana, vertical axis in standing and inversions, toning, stretching, repatterning the whole body.

Afternoon Sessions

Deep relaxation, breath explorations through classical pranayama, mantra and sacred music

*Open to all Students, Teachers and Teacher Trainees
from all Schools of Yoga and All Ways of Life...*

Living Yoga "8 Levels Up"
Colorado Executive Club
Bldg. 1776 S. Jackson St.
Suite 810, Denver, CO 80210

Early bird by March 30: **\$220** after March 30: **\$235**
Sat or Sun *by permission only* **\$120** after March 30: **\$125**
303-758-0780 www.livingyogadenver.com
info@livingyogadenver.com yogawave@rochester.rr.com

Thursday April 26, 6-7:15 pm

Free info meeting for upcoming 200h Essential Teacher Training, starting in October 2018). Question/answer session, short demo etc... Meet François, Steven and Kelly before making the commitment to a deep, pragmatic and creative teacher training.

If you wish to register by mail, please fill out the form below and send to: Living Yoga, 1776 S. Jackson St. Suite #810, Denver, CO 80210

Name _____

Address _____

ZIP _____

Phone _____ E-mail _____

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 Living Yoga.

No refunds unless we are able to fill your spot.

