

# Channels & Winds

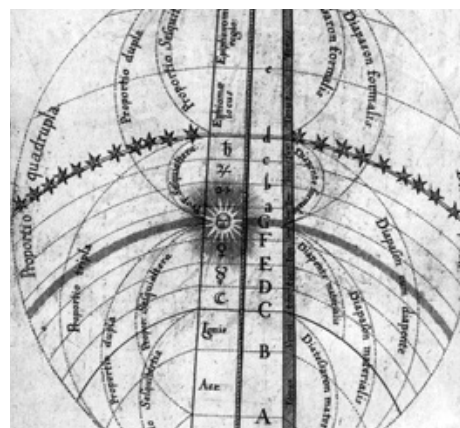
“Minimalist” Composers Meet Minimalist Asana



with **FRANÇOIS RAOULT**

Thursday, May 24, 6-9pm \$75

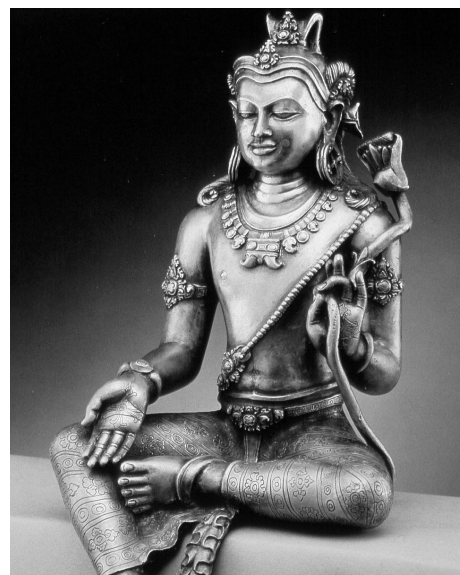
Philip Glass, Steve Reich, Terry Riley, Arvo Part, La Monte Young, Michael Nyman, John Cage, Pauline Oliverios, Baird Hersey etc... so many names who have shaped the soundscape of the century and have deeply resonated in me from the mid-seventies until now. They share a deep interest in the nature of Sound itself. The repetitive cycles, the loops, the overtones, the silences are like mantras and sutras to open our minds and the doors of Perception. They evolve gradually from moment to moment, sometimes with no beginning and no end...



**François Raoult M.A., 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.*

A meditative state is required to appreciate those secret languages and their references to Raga, African drumming, gregorian chant or nature's harmonics and harmony.

I heard John Cage in the late seventies in Paris, met Steve Reich also in Paris in the same time where he was experimenting with electronics. I composed "minimalist" music for theater for 10 years. I have listened in the dark for hours—sitting or supine—over and over again to most of those pieces as a kind of spiritual practice. A visionary experience where synesthesia rules, where you can see or touch the Sound like Evelyn Glennie.



Following the Mozart experience we will practice simple, long timing, savasana-like restorative poses, optional inversions, sitting meditation, some chanting with drone sand enter in the cosmic Loop!

**Fee: \$75**

**Location: 5 Arnold Pk. behind Zen Center**

*For information:*  
**www.openskyyoga.com**  
**yogawave@rochester.rr.com**

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



*No refunds unless you find somebody to take your place.*

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 Open Sky Yoga.