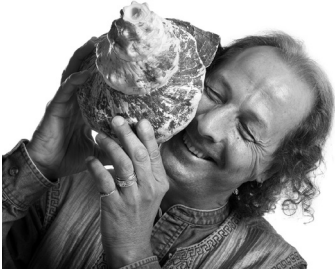


First International Retreat in  
*South of France* 2018



**FRANÇOIS RAOULT MA, ERYT,**  
*Director of Open Sky Yoga, is the founder and director of Open Sky Yoga Center in Rochester, NY. A certified Iyengar instructor, he has traveled and studied extensively in India, including a six month pilgrimage in 1972. François has taught yoga since 1975 and conducts seminars worldwide. Francois holds a master in Ethnomusicology and is certified in Gong and Laughing Yoga (!).*

*location:*

Mas le Revel  
11 impasse du Revel  
30120 ROGUES  
06.17.02.54.91

*for information:*

**www.openskyyoga.com**  
**yogawave @rochester.rr.com**

AUGUST 5-12, 2018 with **FRANÇOIS RAOULT LE REVEL**, Plateau du Larzac

### YOGA and YOGA...

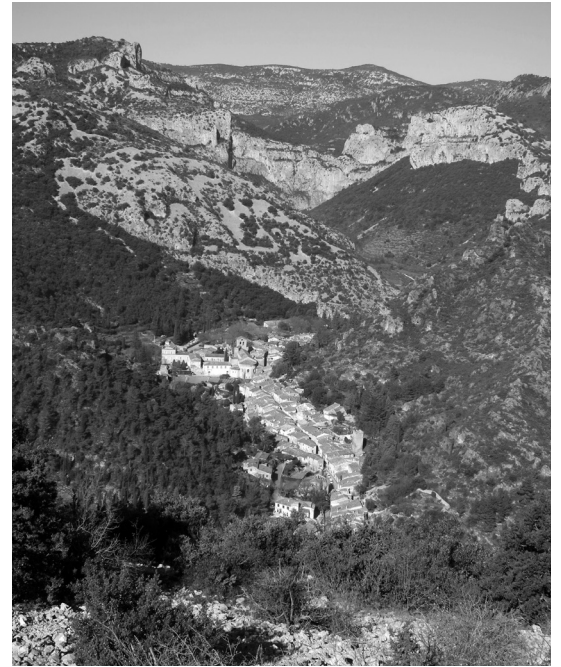
Nested against an antique oppidum, in the remote village of Rogues, Le Revel is an old farm where we can still find traces of a 12th Century chapel. The lunar landscape around holds Neolithic sites similar to Stonehenge. We can go swimming in la Vis, one of the purest river in Europe.

For sightseeing in the afternoons, you can go visit the abbaye of St Guilhem le Desert, the templar village of La Couvertoirade or hike down the Cirque de Navacelles (one of Unesco natural treasures) or on the mythical trail of St Jacques de Compostelle, El Camino.

Our days together will start in a zen-like yoga hall with early pranayama.

The core of the morning sessions will then explore the foundations of a Yoga practice through the cycles of classical poses. The late afternoon classes will be devoted to restorative poses, savasana and deep listening to sacred music of all traditions.

All vegetarian meals are included and will be local and organic, cooked by Stephanie and Laurent. Lodging: rooms from 2 to 4 beds with private bath. Some private rooms will be available for an extra fee.



Send your registration to: **Open Sky Yoga Center, 7 Arnold Park, Rochester, NY 14607**

  
Open Sky

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Previous Yoga Experience \_\_\_\_\_

\$1650 Includes all classes, all meals and 7 nights lodging in rooms (2 or 3 per room)

\$1150 payable by transfer to Francois Raoul and 410 euros payable cash to Le Revel at arrival..

Email to receive info on bank transfer. *No cash refund after June 1 unless you find somebody to take your place.*

