

Jesus meets Vishnu

Modal Music & Restorative Mode

From Gregorian chant and Ars Nova to Renaissance



with
**FRANÇOIS
RAOULT**

Friday, October 26, 6-9 pm

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.

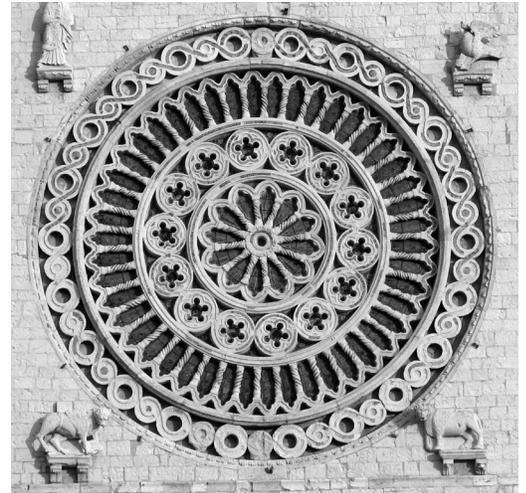
Fee: **\$75**

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

For information:
www.openskyyoga.com
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Modal music—music with a drone—is common to Indian classical music and early music from Europe and other traditions. East meets West on the same frequency. Western classical music language was born around the 12 century—especially in Notre Dame de Paris—at the time when Saint Francis of Assisi was present. Music evolved gradually from horizontality to verticality, from melody to harmony.

We will listen to that gradual awakening of western classical music. After Mozart and Steve Reich, we will go back to the Source: listening to Hildegard von Bingen, Perotin, Machault and their disciples. We will practice long timing savasana-like restorative poses, optional inversions, sitting meditation and chanting with the drone of the sruti box, more appropriate then ever!



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.

Jesus