



# Asana POSTURE Pranayama BREATH Naada SOUND



**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.*

led by Senior Teacher **François Raoult**

**San Miguel de Allende** December 21, 2017

**9:00-12:00 Asana**

Standing and inversions. Explore the vertical axis, toning, stretching, repatterning Tadasana.

**2:00-5:00 Asana and Pranayama**

with bandha, chanting mantra and deep listening to sacred music

**CENTRO DE YOGA**

Tanque 10 Int 4 Colonia Atascadero  
(atras del tanque de agua)

Contact Jennifer Kagan

kaganj@gmail.com

www.jenkagan.net

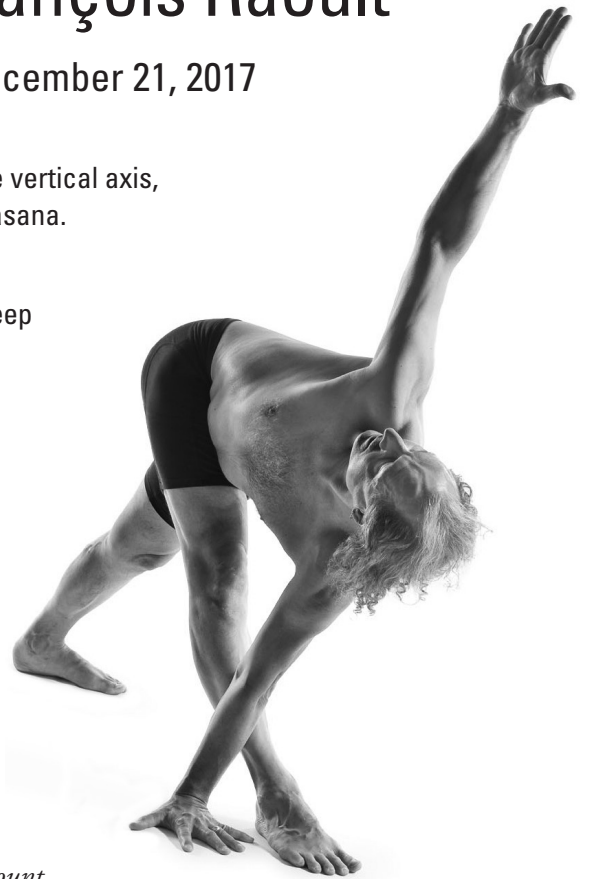
yogawave@rochester.rr.com

9-12pm **\$600.**

2-5pm **\$600.**

Full workshop **\$1000.**

*AMYI or IYNAUS members 20% discount*



Send your registration (check or charge) to: CENTRO DE YOGA Tanque 10 Int 4 Colonia Atascadero

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 Centro de Yoga.

All 3 days  Friday  Sat and Sun *No refunds unless we are able to fill your spot.*

