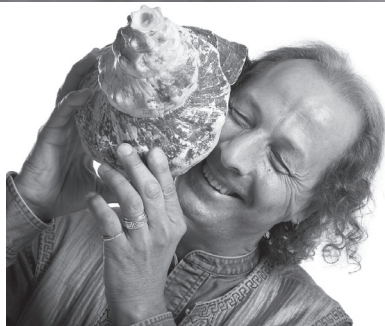




Presented by HIGH DESERT YOGA

Asana POSTURE Pranayama BREATH Naada SOUND



led by Senior Teacher **François Raoult** **MAY 3-4-5, 2019 Albuquerque, NM**

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.

TEACHER TRAINING

Friday, 3-5:30pm \$65 For teachers Ujjayi, viloma and OM. Partnering to Assist and observe.

SEMINAR OPEN TO ALL LEVELS:

Friday Evening, 6-8:30pm \$55
How to design and practice a simple and creative daily "routine"

STAMINASANA!

Saturday, 1:30-6pm with tea break \$120
How to build endurance/stamina and longer timing in some classical asana.
Naada: from Gregorian to Renaissance.

PRANAYAMA and NAADA

Sunday, 1:30-6pm with tea break \$120
Asana to prepare and enhance pranayama
Naada: minimalist composers from Terry Riley to Philip Glass.

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

Location: 4600 Copper NE
Albuquerque, New Mexico, 87108

Saturday and Sunday \$220
Entire seminar (Fri 6pm/Sat/Sun) **\$265**

Information: 505-232-9642 yogainfo@highdesertyoga.com yogawave@rochester.rr.com

If you wish to register by mail, please fill out the form below and send to: High Desert Yoga, 4600 Copper NE, Albuquerque, NM 87108



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 High Desert Yoga.

Tradition is not the worship of ashes but the preservation of fire. —Gustav Malher

No refunds unless we are able to fill your spot.