

# 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 FRANCISCO February 23-25, 2018**

**Friday evening 6-9 pm Master Class**

FORWARD BENDS AND PRANAYAMA (Preparing for sleep....!)

**Saturday 12pm-3pm, Tea Break**

STANDING POSES AND INVERSIONS Reclaiming verticality

4-6pm

PRANAYAMA. Restorative poses and deep relaxation.

Naada Yoga, yogic listening to music of all traditions.

**Sunday 12pm-3pm, Tea Break**

GUIDED TOUR FOR THE HIP Anatomy and asana practice.

4-6pm

PRANAYAMA (part 2) AND SAVASANA

Restorative poses and deep relaxation. Naada

Yoga, yogic listening to music of all traditions.

BIJA YOGA STUDIO

1348 9th Ave, San Francisco, CA 94122

info@bijayoga.com yogawave@rochester.rr.com

All 3- days **\$295**. Friday only **\$65**. Sat & Sun only **\$265**.

*Early Bird Special before August 15, 2017*

All 3-days **\$265**. Friday only. **\$55**. Sat & Sun only **\$225**.



Send your registration (check or charge) to: BIJA YOGA STUDIO, 1348 9th Avenue, San Francisco, CA 94122

Name \_\_\_\_\_

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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 Bija Yoga.

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

