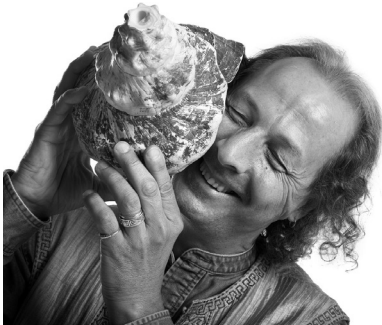


FLEXION & EXTENSION

The Story of Your Life

Balasana to Tadasana and Savasana

Guided by Senior Teacher François Raoult



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.

**Oct 27-28, 2018
Rochester, NY**

In this workshop we will explore deep flexion and unfolded extensions in a mindful sequencing. There will also be moments to find your primal voice and dive into shamanic Savasana.

**Saturday:
12:30-6:30 pm
with tea break**

**Sunday:
9-12, 1:30-4 pm**

Open Sky Yoga
5 Arnold Pk.
(behind Zen Center)

\$250
(10% discount for
ETT graduates)

yogawave@rochester.rr.com



Send your registration
(check or charge) to:
Open Sky Yoga Center
7 Arnold Park
Rochester NY 14607

*No refunds unless we are
able to fill your spot.*

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.