

The
**Yoga
Lounge**

103 Church St. • 3rd Floor • Toronto, Canada
416-864-1973 • www.theyogalounge.net

p r e s e n t s

Posture, Breath & Sound of Life



A Yogic Journey towards the Center
guided by **François Raoult**

November 12-13, 2011
Toronto, Canada

Sat 10-4:30 with light lunch break
Sun 10-4:30 with light lunch break

In morning sessions, we will look deeply at function and harmony of posture in daily life and in yoga asana—including carrying on the head and inversion.

Afternoons will be more meditative, restorative and explore nada yoga and sound journey with voices and resonating instruments.

Please bring a tibetan bowl, chime, music box etc. for the sound journey.

Location and fees:

103 Church St, 3rd Floor, Toronto, Canada

\$250 early registration (includes tax)

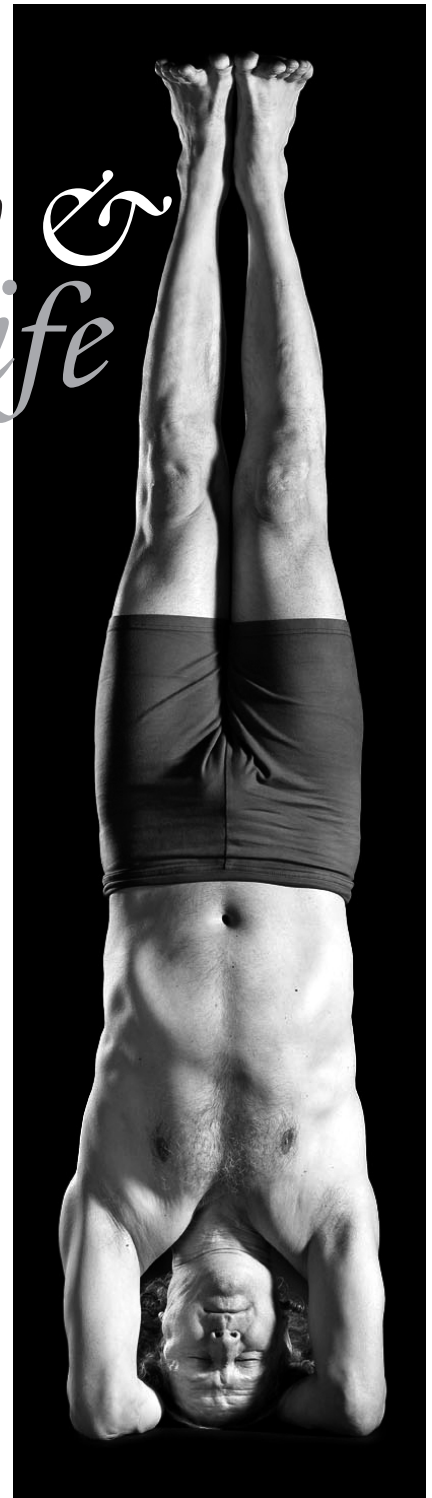
\$275 after October 20

\$140 per day

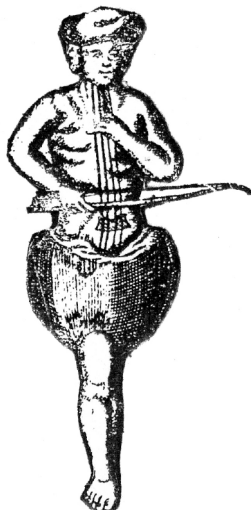
For information:

416-864-1973 www.theyogalounge.net

www.openskyyoga.com



François Raoult MA, ERYT, Director of Open Sky Yoga, is dedicated to teaching yoga with awareness, integrity and compassion. He first felt the call at age 19, on a pilgrimage to sacred sites of India. A graduate of the Ecole Nationale de Yoga in Paris, he started teaching in 1975 and a year later began extensive training with Sri B.K.S. Iyengar. François also has studied meditation with Zen Master Thich Nhat Hanh, Ayurveda with Dr. Robert Svoboda, and anatomy with Thomas Myers. In addition to conducting an annual retreat in France, Francois teaches regularly throughout the US, Europe, Canada, Mexico and India. He is the founder of Open Sky Yoga Center in Rochester, NY. François is also certified in Gong Yoga and in "Laughing For No Reason. He's also just completed the International Sound healer training in Alicante, Spain.



Send your check to: The Yoga Lounge, 103 Church St, 3rd Floor, Toronto, Canada

Name _____ Occupation _____

Address _____

_____ Zipcode _____

Phone _____ E-mail _____

Visa MasterCard Name on card _____

Credit card number _____ Expiration date _____

Verification Code (three-digit number on back of card) _____

Enclosed is my check for \$ _____, payable to The Yoga Lounge

No refunds unless you find somebody to take your place.