

*A weekend of*

ROCHESTER, NY

# YOGA & YANTRA

ASANA, PRĀṆĀYĀMA, NĀDA

## FRANÇOIS RAOULT



I always been fascinated by mandala since an early age. The Sri Yantra, the Fibonacci spirals, the labyrinth of the cathedrals, the symbolic art of Tantra and its abstract cosmic connections... Asana are living sculptures, crystalized standing waves, stables... a primitive alphabet written with the body as the pencil. We will look at connections between postures and sacred geometry. We will practice essential poses, explore Pranayama of course and listen deeply to the Sound of Music. The workshop will include a slide show /lecture on the history of mandala and a creative project...

### FRANÇOIS RAOULT

MA, ERYT 500, C-IAYT

is the Founder/Director of Open Sky Yoga Center in Rochester, NY, and has taught Yoga worldwide since 1975.

**September 11-12, 2026**

**SATURDAY** noon-6PM

**SUNDAY** 8:30-2:30PM

**\$275**

**5 Arnold Park,  
ROCHESTER, NY**

[yogawave108@gmail.com](mailto:yogawave108@gmail.com)

More info and  
Pre-register at  
[openskyyoga.com](http://openskyyoga.com)

