

REYJAVÍK,
ICELAND

ASANA, 2027 PRĀṆĀYĀMA, NĀDA

FRANÇOIS RAOULT

April 3-4, 2027

A program of essential practices of asana, pranayama, bandha to enhance function and longevity. Each day will have a Naada section of yogic listening and chanting.

FEE ISK 35,000 for the whole weekend

*Tradition is not the worship of ashes
but the preservation of fire.*

—Gustav Malher



FRANÇOIS RAOULT

MA, ERYT 500, C-IAYT

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

**Saturday and Sunday
9:00–12:00 and 13:30–16:00**

**Asana Jóga
Faxafen 10, 2nd floor
108 Reykjavík**

**www.openskyyoga.com
yogawave108@gmail.com
<https://asanajoga.is/>**

**Pre-register at
openskyyoga.com**

