

ROCHESTER, NY

The Thread

ASANA, PRĀṆĀYĀMA, NĀDA

FRANÇOIS RAOULT

December 5 and 6, 2027

Practice and repetition, japa ajapa, makes us discover layers of meaning and bring us closer to the Source. It is an ongoing Quest, a pilgrimage, an inner trekking through the mountains and valleys of the body. Yoga is the common thread, the link, the sutra... To yoke is to re-ligere. We will visit āsana cycles with an overview of the essential. The best of... With a generous dose of pranayama, Nāda and Dharma talk.

This seminar will be the last one taught by Francois at Open Sky Yoga Center. The Studio will close but the Sky will stay open with retreats and workshops worldwide.

Garage sale will follow from 4:30 to 7pm Sunday and Monday.



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 9-4
SUNDAY 9-4**

with lunch break

\$295

yogawave108@gmail.com

Pre-register at
openskyyoga.com

