

# Yoga for Vitality

## *Anti-aging Yoga*



## FRANÇOIS RAOULT

Fitness is vitality without discord.

—Emily Conrad, Founder of Continuum Movement

We will explore what we could call ANTI-AGING PRACTICES! or as some would say how to promote youthfulness! How to man-age your age! People asked me often how I have so much energy, teaching and traveling... So we will learn to regenerate and nourish the cells, recharge the batteries. Keep energy (premium prana) and juice (rasa) in the tank... We will also learn how to prevent joint replacements, as much as possible, by practicing with mindfulness and moderation. Making the best choices in life and a good list of priorities. Most of the time less is more! I will share all my secrets who will no longer be secret! Happiness may be the balance between acceptance and change... In the last part of the workshop, I will open the gates to my huge music library for meditation and deep listening. A sound travel through times and distant lands... Hari Om.

### FRANÇOIS RAOULT

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

**SUNDAY, JUNE 21, 2026**

9AM-1PM (NEW YORK)

3-7PM (PARIS) **\$108**

**ZOOM**  Open Sky

**Recordings available forever  
for those not attending live.**

Qualifies for 4 Yoga Alliance CEU's

Please, pre-register at  
[www.openskyyoga.com](http://www.openskyyoga.com)

