



Practices from My LIFāSANA

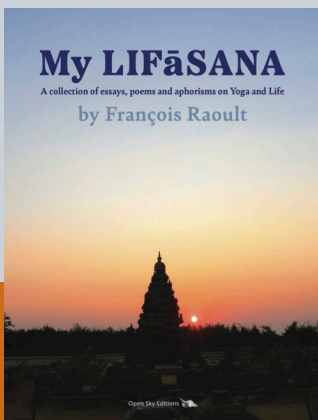
Saturday ZOOM Seminars LIVE and RECORDED
based on **FRANÇOIS RAOULT'S** radical book on Yoga and Life

FRANÇOIS RAOULT

M.A., ERYT 500, C-IAYT
is the Founder and Director
of Open Sky Yoga Center in
Rochester, New York, and has
taught Yoga since 1975. He
first felt called to Yoga at age
nineteen on a pilgrimage to the
sacred sites of India. For a de-
cade, he toured Europe with an
avant-garde puppet theater and
composed music for the plays.

The manipulation of string
puppets led him to explore
Yoga and Tai Chi. A graduate
of the École Nationale de Yoga
in Paris and among the first
French Yoga instructors to
study in India with Śrī B.K.S.

Iyengar, he conducts semi-
nars, international retreats and
teacher training worldwide.
François also has studied medi-
tation, Ayurveda and experien-
tial anatomy. Certified in Gong
and Laughing Yoga (!), François
completed the International
Sound Healer program and
also holds a Master's degree in
Ethnomusicology.



PART 1

ĀSANA, finding your SEAT!

OCTOBER 9, 2022

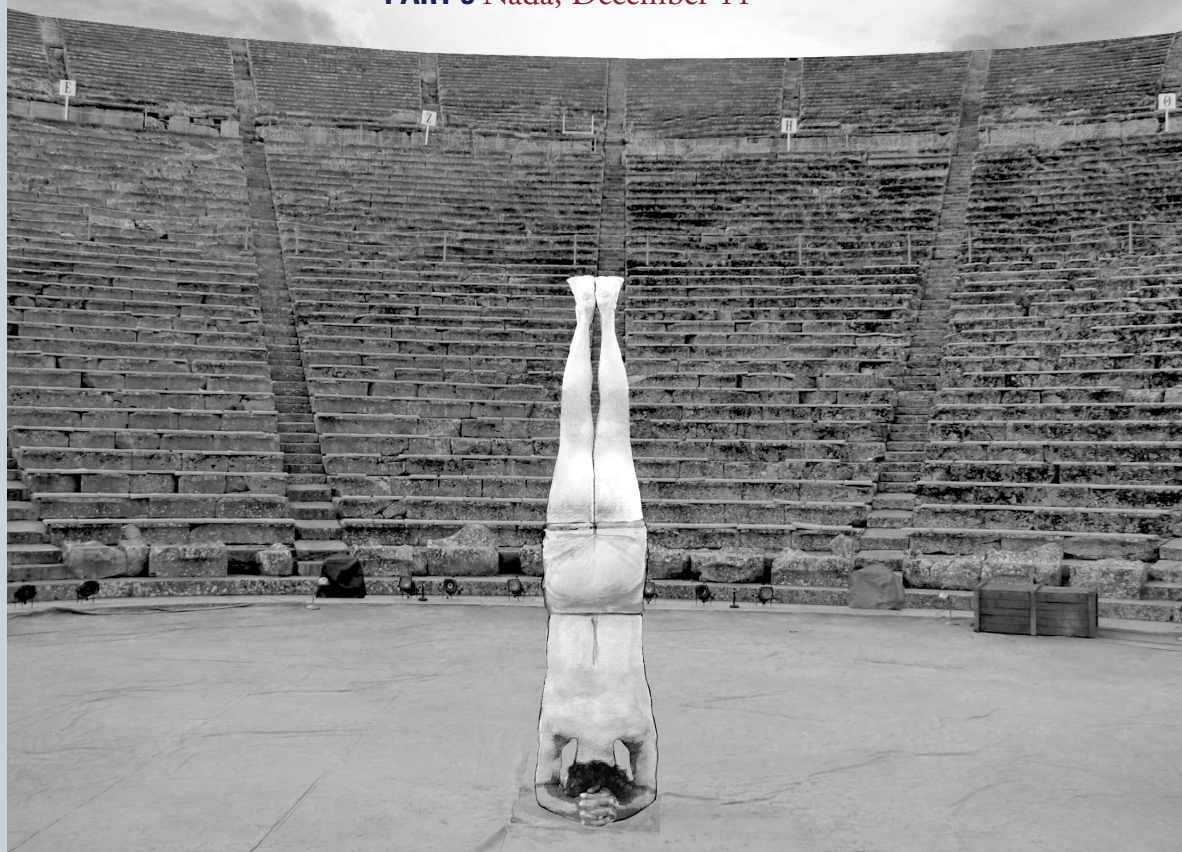
9- 1pm EST (New York) / 3-7pm (Europe) with a short break

We will explore the essential practices mentioned in the book.
Āsana from all cycles, Tadāsana, inversions and of course Śavāsana.

PART 1 \$108

PART 2 Pranāyama, November 20

PART 3 Nāda, December 11



585-330-7601 www.openskyyoga.com yogawave108@gmail.com

Please, pre-register online @ www.openskyyoga.com