



December 11, 2022

Pranayama

Sunday 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 decade, 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 seminars, international retreats and teacher training worldwide. François also has studied meditation, Ayurveda and experiential anatomy. Certified in Gong and Laughing Yoga (!), François completed the International Sound Healer program and also holds a Master's degree in Ethnomusicology.

Practices from My LIFĀSANA PART 2 PRANAYAMA, Liberating the Breath

NEW DATE December 11, 2022

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

Ujjayi, Viloma, Bhramari, Nadi Sodhana, Kapalabati and Bhastrika.
Anatomy of breathing 3 Bandhas. And free spontaneous natural breath...

Diving into the internal Sea in supine and seated āsanās.

PART 2 \$108

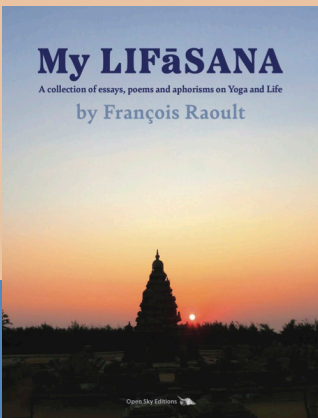
PART 3 Nāda, January 22, 2023



My LIFĀSANA

A collection of essays, poems and aphorisms on Yoga and Life

by François Raoult



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