



January 22, 2023

yoga of
SOUND

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 3**
Yoga of Sound, Music and Silence
WELCOME OM !

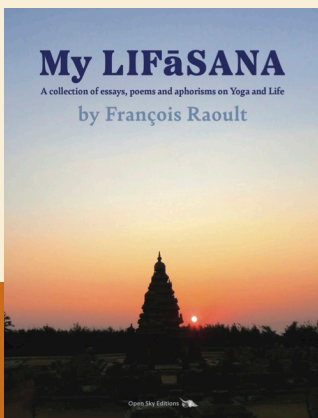
NEW DATE **January 22, 2023**

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



This seminar will cover the practices of the last substantial section of the book. Chanting, laughing, deep listening of Music of all traditions and Silence.

PART 3 \$108



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

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