

# FRANÇOIS RAOULT

## Circles and Spirals

*Āsana, Pranāyama, Nāda*



### FRANÇOIS RAOULT M.A. ERYT 500

Director of Open Sky Yoga, is the founder and director of Open Sky Yoga Center in Rochester, NY. A certified Iyengar instructor, he has traveled and studied extensively in India, including a six month pilgrimage in 1972. François has taught yoga since 1975 and conducts seminars worldwide. François holds a master in Ethnomusicology and is certified in Gong and Laughing Yoga(!)

**Rochester, NY** **OCTOBER 15, 2023**

In Asana, Pranayama and Dhyana, in Nature and Life, we see, feel and are Spirals and Circles ... We are vortexes of energy. In this workshop, you will find creativity et yoga practices influenced by Sri BKS Iyengar, experiential anatomy, Yoga of Sound ( Nāda), drawing ... Some will be based on Francois book *My Lifāsana*. In his teaching, Francois improvises on the theme like in Jazz music or an indian Raga ... Nothing really new but always fresh!

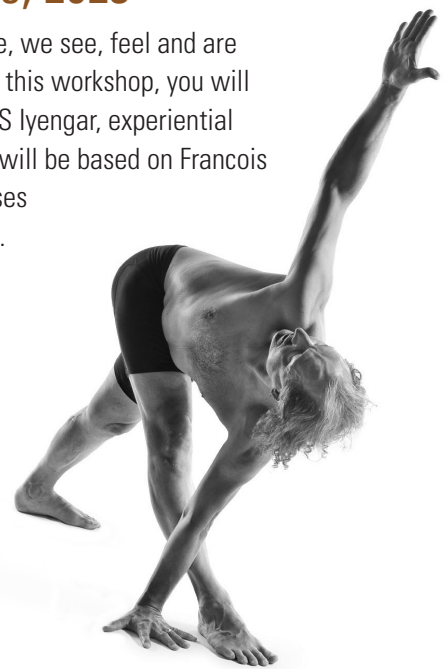
“We shall not cease from exploration  
At the end of all exploring  
Will be to arrive where we started.  
And know the place for the first time.”

—T. S. ELLIOTT

**LOCATION** Open Sky Yoga Center 5 Arnold Park, Rochester

**SUNDAY** 9 am to 4 pm with a lunch break.

**FEE** \$140



Register online at [www.openskyyoga.com](http://www.openskyyoga.com)

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