



YOGA:

Cosmic Re-Integration

A Weekend of Inner Trekking

FRANÇOIS RAOULT

ROCHESTER, NY **SATURDAY 10am-4pm**
5 Arnold Park **SUNDAY 8:30am - 2:30pm**
SEPT 28 & 29, 2024 **\$250**

We will look at comparative anatomy, Onto- and Philogenesis. From feet to head, from earth to sky and stars... Pragmatic and visionary, Francois will teach asana, pranayama and nāda practices. A creative synthesis of 50 years of teaching.

FRANÇOIS RAOULT
MA, 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 pil-
grimage 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 medi-
tation, 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.

*Half of the matter forming
the Milky Way probably
came from far away galaxies,
says the Royal Astronomical
Society / So each of us could be
in part made of extragalactic
matter. We could consider
ourselves like space travelers or
extragalactical migrants.*

— My Lifāsana,
François Raoult



Register at www.openskyyoga.com