

# Hamstrings & Humstrings

Drinking *from the* Source  
EPISODES 5 & 6

ASANA & PRANAYAMA  
with **FRANÇOIS RAOULT**

*The Source thirsts to be consumed and so, if we are called to drink it, it's impossible not to find it.  
La source a soif d'etre bue et si nous avons soif de la boire il est impossible de ne pas la rencontrer. —SAINT IRENEE*

New participants are welcome.



**François Raoult M.A., ERYT**

*François is the founder and director of Open Sky Yoga Center in Rochester, N.Y. and has taught yoga since 1975. He conducts seminars, international retreats and teacher trainings worldwide. A graduate of the Ecole Nationale de Yoga in Paris and among the first french yoga instructors to study in Pune, India with B.K.S. Iyengar, François also has explored 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.*

**\$108 for both  
\$60 each**

**585-330-7601**

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**March 20: HAMSTRINGS** 10am-12pm (New York) 4-6pm (Paris)

How to stretch, release, tone, relax the strings of the ham and increase the range of motion of the hip joint. For more flexible students: how to prevent or heal upper hamstrings issues. The session will include some anatomy, seated forward bends, standing poses and inversions. Ending with Savasana... for the hamstrings!

**March 21 HUMSTRINGS** 10am-12pm (New York) 4-6pm (Paris) no food before the session!

Bhramari Pranayama. Everything you need to know about humming and the strings of the vocal cords! Will include Ujjayi pranayama, chanting basic overtones and Aum. We will end with Naada yoga, humming music in Savasana.



RECORDINGS WILL BE AVAILABLE FOR THOSE NOT ATTENDING LIVE.

Please, pre-register online @ [www.openskyyoga.com](http://www.openskyyoga.com) to reserve your space.