

ONLINE SEMINAR through **ZOOM** Open Sky

Drinking *from the* Source

EPISODES 3 & 4

ASANA and PRANAYAMA

DECEMBER 19 & 20, 2020

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



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**

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New participants are welcome.

Practice has to explore different relationships to gravity—upside down, sitting, standing, supine—and cover all planes of movement: sagittal with flexion and extension, frontal with lateral poses and transversal with rotations. Being functional is a spiritual practice, becoming cosmically integrated. An essential practice always includes pranayama, bandha, deep relaxation and chanting.

DECEMBER 19, 2020 10am-12pm / (4-6 pm France, Belgium etc..)

Tadasana blueprint in standing poses. Standing cycle vinyasa. Forward bend variations. Shamanic savasana ...

DECEMBER 20, 2020 10am-12 pm (4-6 pm France, Belgium etc..) no food before the session!

Inversions & variations. Bandha. Pranayama: Bhastrika variations. Inner trekking visiting Ujjayi and viloma. "3 parts" breath. Chanting the vowels and OM.



RECORDINGS WILL BE AVAILABLE FOR THOSE NOT ATTENDING LIVE.

Please, pre-register online @ **www.openskyyoga.com** to reserve your space.