

PRĀṆĀYĀMA Teacher Training



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 worldwide since 1975.

FRANÇOIS RAOULT

Aug 30-31, Sept 1, 2025 3 days/20h

These interactive and creative sessions will cover:

Anatomy of breath • How and when to teach and practice prāṇāyāma —the art and science of breath • Ujjayi, viloma, bhramari, nadi sodhana, kapalabati, bhasrika, sitali, sitakari • What is normal/natural breath? • Ayurvedic approach to prāṇāyāma. Prāṇāyāma to pacify each dosha • Āsanas, active and restorative enhancing breath and preparing the pranic field • Bandha or a-bandha, science of seals and irrigation • Listening and shaping the sound of breath. Breath as a mantra • Various approaches to chanting OM • Savasana, vibration and cellular breathing

SATURDAY/SUNDAY 9-4pm

**MONDAY 6:30-8am,
9:30-4:30pm**

Handouts & Bibliography provided
\$595

20h CEU with Yoga Alliance
Certification requires specific readings and creative homework assignments.

Additional Fee **\$125**

**5 Arnold Park
ROCHESTER, NY**

Please, pre-register at
openskyyoga.com

