

YANGGAR TĀDĀ ŚĀVA YINGGAR

FRANÇOIS RAOULT

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M.A., 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.



Drinking from the Source is back!

February 2, 2025

9am-1pm (New York) 3-7pm (Paris) \$108

There is almost a mystical connection between the vertical and horizontal planes. Ascending energy of the Tadasana Geysers and expanding/yielding of the Savasana Ocean.

In the **first part** of the seminar, we will explore variations of standing /walking and different aspects of the vertical axis. And dive deep into the internal sea of Savasana. To be fully human.

The **second part** of the seminar is devoted to Nāda , the world of Sound and will include some Pranāyama and GLASSICAL!, a guided tour of Philip Glass music and life with connections to yoga, India and Tibet.

Recordings available for those not attending live.

Qualifies for 4 Yoga Alliance CEU's

Everybody from the Solar System is Welcome!

**WORLDWIDE
ZOOM** 

Please, pre-register at
www.openskyyoga.com
to reserve your space.

