

*Tenth International Yoga and Creativity Retreat in Greece*

# Triopetra, Crete

## YOGA & CREATIVITY 2023



**FRANÇOIS RAOULT MA, ERYT**, Director of Open Sky Yoga, is the founder and director of Open Sky Yoga Center in Rochester, NY. A certified Iyengar instructor, he has traveled and studied extensively in India, including a six month pilgrimage in 1972. François has taught yoga since 1975 and conducts seminars worldwide. François holds a master in Ethnomusicology and is certified in Gong and Laughing Yoga(!)

**NATHALIE ALVAREZ** is François's partner in life and co-creator of the Journey to India. A pioneer in the fields of massage and trans-personal therapy since 1981—Nathalie directed L'Ecole du Corps Conscience, based in Montpellier, France. Nathalie's work combines expression, symbolism, mandalas and color therapy.



**\$2250** double room  
**\$2550** single room (if available)  
(nonrefundable deposit **\$500**)  
Includes all classes, all meals,  
7 nights lodging, rooms with  
AC & private bath

**585-330-7601**  
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with  
**FRANÇOIS RAOULT &  
NATHALIE ALVAREZ**  
**August 12-19, 2023**

Fly to Athens and take a plane or ferryboat to Heraklion. After the retreat, you can drift towards other islands like Santorini by boat. Our days together will begin with early pranayama practice in the yoga hall overlooking the ocean. The core of the morning sessions will explore the foundations of a Yoga practice through the cycles of classical poses. These energetic sessions will aim to build strength, stamina and increase flexibility. In the afternoon you can go to the beach or explore the island and the nearby villages. • The late afternoon classes are devoted to restorative poses, savasana and deep listening to sacred music of all traditions. Nathalie will propose creative sessions of symbolic art as a theme interwoven with the Yoga sessions. (*Art supplies provided*)



**New theme each year!**



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