

LOUISVILLE, KENTUCKY

A weekend of **yogic explorations**

ASANA, PRĀṆĀYĀMA, NĀDA

FRANÇOIS RAOULT

April 11-12, 2026

Celebrating 50 years of teaching. Still discovering new layers of meaning in the daily practice and sharing the essence of the many teachings I have received and filtered. Influenced by experiential anatomy, Ayurveda and yoga of Sound, I invite you to be part of the Journey. All students, teachers and seekers welcome! We will practice dynamic and restorative postures, pranayama and mantra. Listening to sacred music of all traditions and save some time for question/answer session and philosophy of life.



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.

SATURDAY/SUNDAY

9AM-4:30PM \$250

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Please, pre-register at
yogaeast.org

