

1st International Retreat in Mexico

# magical 2023 SAN MIGUEL

in SAN MIGUEL DE ALLENDE, MEXICO  
with FRANÇOIS RAOULT & NATHALIE ALVAREZ



## 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.

585-330-7601

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Pre-register at  
[openskyyoga.com](http://openskyyoga.com)

## YOGA & CREATIVITY April 30-May 6, 2023

We will be staying in a colonial resort, few minutes by foot from the stunning historical center of San Miguel. We will practice yoga daily, including pranayama and chanting early morning before brunch and/or late afternoon restorative practice. Nathalie's family has lived in San Miguel for decades so we have good secret plans. Creativity sessions are scheduled like those we offered in our Indian or Crete retreats... (Art supplies provided). We wanted to share this magical place where art, folk traditions and daily life are interwoven in every corner of the city. Some time will be available to rest and do shopping in the many art galleries and colorful stores.

### \$2750 double room (per person) / \$3050 single room (limited availability)

Includes lodging with private bath, all meals except one dinner and two lunches (local and organic and even pre-Hispanic whenever possible), all excursions (Pyramid del Virge, hot springs, temazkal, and visit of Guanajuato etc ...), all group transportation (taxi or mini bus), supplies for creativity sessions.

Does not include Airport travel expenses to and from San Miguel.

(Closest airport: Queretaro. Then Mexico City. Bus or private taxi)

\$500 non-refundable deposit. Balance before April 1, 2023.

