

RALEIGH, NORTH CAROLINA

A weekend of yogic explorations ASANA, PRĀṆĀYĀMA, NĀDA



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.

APRIL 17, FRIDAY

Restorative Class with François
5-7PM \$45

Gratitude Hot Yoga Center
6909 Glenwood Ave
Raleigh NC 27612

APRIL 18-19, SAT/SUN

Workshop with François
9AM-3:30PM \$250

Gratitude Hot Yoga Centers Falls
10501 Shadowlawn Dr
Raleigh, NC 27614

feelgratitudeyoga@gmail.com

Please, pre-register at
gratitudehotyoga.com

FRANÇOIS RAOULT

April 17-19, 2026

Celebrating 50 years of teaching. Still discovering new layers of meaning in the daily practice and sharing the essence of the many teaching 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.

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openskyyoga.com

