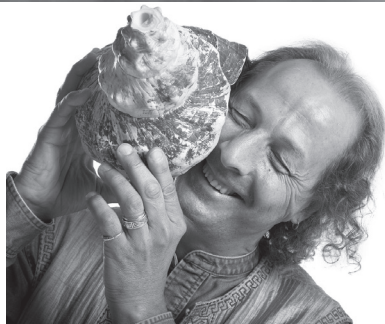




Presented by HIGH DESERT YOGA

Asana POSTURE Pranayama BREATH Naada SOUND



François Raoul M.A., ERYT

François is the founder and director of Open Sky Yoga Center in Rochester, N.Y. and has taught yoga since 1975. He conducts seminars, international retreats and teacher trainings worldwide. A graduate of the Ecole Nationale de Yoga in Paris and among the first french yoga instructors to study in Pune, India with B.K.S. Iyengar, François also has explored meditation, ayurveda and experiential anatomy. Certified in Gong and Laughing Yoga, François completed the International Sound Healer program and also holds a master's degree in Ethnomusicology.

led by Senior Teacher **François Raoul** **MAY 15-17, 2020 Albuquerque, NM**

*Open to all Students, Teachers and Teacher Trainees
from all Schools of Yoga and All Ways of Life...*

TEACHER TRAINING Friday, 2:30-5:30pm \$65* For teachers

Viloma variations. Asana to facilitate each stage of Viloma. OM

SEMINAR OPEN TO ALL LEVELS: Friday Evening, 6-8:30pm \$55*

Improvisation on a theme: forward bends and cooling inversions.

SUSTAINABLE YOGA Saturday, 1:30-6pm with tea break \$120*
Sunday, 1:30-6pm with tea break \$120*

A program of essential practices of asana, pranayama, bandha to enhance function and longevity. Each day will have a Naada section of yogic listening and chanting.

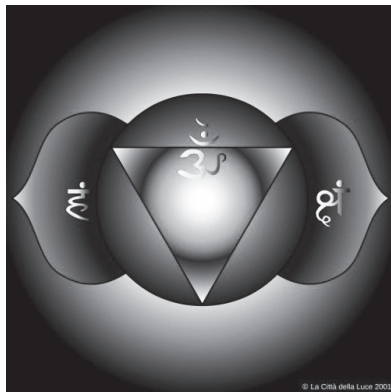
Fri 6pm/Sat/Sun (no TT session) **\$265***
Entire seminar **\$320***

*No refunds unless we are able to fill your spot.
Plus tax



**Tradition is not the worship of ashes
but the preservation of fire.**

—Gustav Malher



High Desert Yoga
4600 Copper NE
Albuquerque, New Mexico, 87108

www.highdesertyoga.com
505.232.9642

François: yogawave@rochester.rr.com