

WORLDWIDE ZOOM *for the* NEW YEAR PROPS & BIRDS! The 10 B's

FRANÇOIS RAOULT

SUNDAY, January 4, 2026 \$108

9am-1pm (New York), 3-7pm (Paris)

To prop or not to prop, that is the question! What are the 10 B's for this workshop? **BOLSTER, BELT, BLANKET, BELL, BAG (sand). BAG (eye), BACK ROLLER, BLOCK, BHRAMARI and BIRDS!**

There is a B.B.E. a Before Belt Era—Works also for Before Bolster, Bags, Blanket, Back Roller Era. And then B.K.S Iyengar (one more B) masterminded most of them... in the 60's, 70's and 80's to make āsana accessible and adaptable to all. Compassion in action. We will explore the best use and the possible misuse of the props in āsana and prānāyama. This will benefit all practitioners and will give teachers more tools to teach with awareness and precision. I was there in Paris and Pune when props got introduced in Iyengar yoga like blankets in sarvangāsana. Transmission is my mission.

The last part of the gathering will be devoted to Nāda: Bhramari, Bells and Birds, ornithotherapy and music inspired by birds.

Recordings available for those not attending live.

Qualifies for 4 Yoga Alliance CEU's

Everybody from the Solar System is Welcome!

ZOOM  Open Sky

FRANÇOIS RAOULT

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Please pre-register at www.openskyyoga.com