

ONLINE SEMINAR through **ZOOM** Open Sky

# MICRO-YOGA



## FRANÇOIS 3 RAOULT

Qualifies for 3  
Yoga Alliance CEU's

**Drinking from the  
Source is back!**

*The Source thirsts to be consumed and so, if we are called to drink it, it's impossible not to find it.  
La source a soif d'etre bue et si nous avons soif de la boire il est impossible de ne pas la rencontrer.*

—SAINT IRENEE

### FRANÇOIS RAOULT

M.A., ERYT 500, C-IAYT is the Founder and Director of Open Sky Yoga Center in Rochester, New York, and has taught Yoga since 1975. He first felt called to Yoga at age nineteen on a pilgrimage to the sacred sites of India. For a decade, he toured Europe with an avant-garde puppet theater and composed music for the plays. The manipulation of string puppets led him to explore Yoga and Tai Chi. A graduate of the École Nationale de Yoga in Paris and among the first French Yoga instructors to study in India with Śrī B.K.S. Iyengar, he conducts seminars, international retreats and teacher training worldwide. François also has studied 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.

**JUNE 2, 2024 9am-1pm (New York) 2-6pm (Paris)**

There is no bottom line for daily practice. What matters is presence, awareness and consistency. For example one minute of silence with deep presence can be extra-ordinary and meaningful versus 2 hours of ongoing vrittis or boredom in a long "meditation." Same with the asana practice. We will explore mini-modules, condensed vinyasa, accessible micro-practices of asana, pranayama, and naada (Yoga of Sound and Music). You will come out of this workshop with many sequences and short modules which you could combine like in a card game for a longer practice . . . and if you are teaching, it will offer you a pool of endless possibilities to play with.

Everybody  
from the  
Solar System  
is Welcome!



Recordings  
available for those  
not attending live

**\$108**

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Please, pre-register at [www.openskyyoga.com](http://www.openskyyoga.com) to reserve your space.