

ONLINE SEMINAR through **ZOOM** Open Sky

# 3 SQUARES CIRCLES & SAVASANA

Drinking  
from the Source  
with  
**FRANÇOIS  
RAOULT**

**EPISODES 7 & 8**

**May 22 & 23, 2021**



*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 buée et si nous avons soif de la boire il est impossible de ne pas la rencontrer.*

—SAINT IRENEE

**New participants welcome.**

**May 22: SQUARES & CIRCLES** 10am-12pm (New York) 4-6pm (Paris)

We will explore 3 squared muscles (quadratus) and 3 circular ones (Orbicularis). An opportunity to visit the Yoga of the Face, the Yoga of the Eyes, the Yoga of the Foot and the Yoga of the Quadratus Lumborum. Playful explorations of less known places with Bhava, facial expressions and Laughing Yoga (I am certified, its not a joke). So it will be serious and fun as usual.

**May 23: SAVASANA TALES** 10am-12pm (New York) 4-6pm (Paris)

We will travel several times into Savasana. With different modes like guided meditation, sacred music and Silence. Practicing different versions of supine asana. Pranayama support, legs on chair, direct connection with the earth. Deep relaxation of the facial muscles and sensory organs again but in the receptive mode of Prathyahara. Maybe we will have a glimpse of the cosmic sleep of Vishnu....Prepare to dive!

**\$108 for both \$60 each**

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RECORDINGS WILL BE AVAILABLE FOR THOSE NOT ATTENDING LIVE.



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