

Open Sky Yoga

200h Teacher Training

THE JOURNEY. THE VISION.

**September 2026 -
June 2027**

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

—GUSTAV MALHER

Rochester, New York



- All weekend MODULES IN PERSON except one.
- CREATIVE HOMEWORK
- 30 weekly classes included

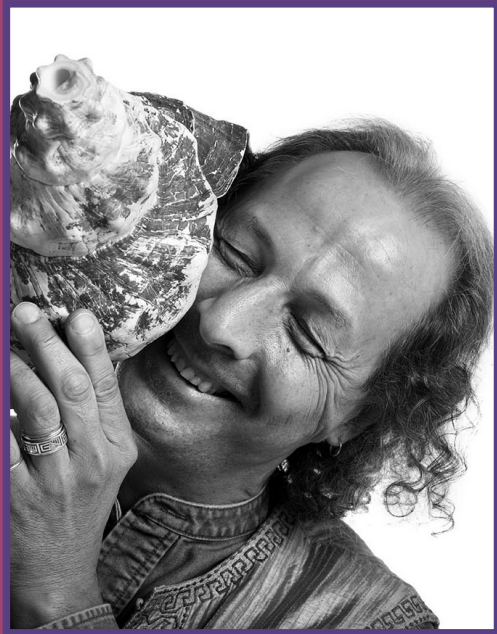
**ASANA, PRANAYAMA, ANATOMY, NĀDA ,
PHILOSOPHY, ADAPTIVE YOGA**

Recognized by Yoga Alliance (based in the US) and
Yoga Alliance International (based in India).

\$3850 including a **\$500** non-refundable deposit.
30% off for previous graduates of Open Sky Yoga 200 and 300 hr TT.

For details, dates and application form visit:

www.openskyyoga.com



François Raoult
M.A. ERYT 500, C-IAYT

François is the founder and director of Open Sky Yoga Center in Rochester, NY and has taught yoga since 1975. 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. He conducts seminars, International retreats and teacher training worldwide. He also leads International retreats with his wife Nathalie in India, Mexico, Crete and Venice. A graduate of the Ecole Nationale de Yoga in Paris (with direct disciples of Sri Krishnamacharya) and among the first French yoga instructors to study in Pune, India with Sri B.K.S. Iyengar from whom he received a Junior 3 certification. François is certified in Gong and Laughing Yoga(!), completed the International Sound Healer program in Spain and holds a master's degree in Ethnomusicology.



Jo Amy
B.A. Phil, E-RYT 500, OYI

Jo certified as an Iyengar Teacher in 2008, studying extensively with UK senior teachers as well as Geeta and Abhijata Iyengar. Jo has also trained with adaptive Yoga pioneer, Matthew Sanford since 2010 and studied SATYA (Sensory Awareness Training for Yoga Attunement) with Tias Little. She co-developed an adaptive Yoga teacher training program for the UK and Italy and “Positive Movement” a program for people with mobility impairments. Jo is a passionate teacher weaving the wisdom of the body and the principles of Yoga to create a deeper connection and inhabit life more fully. Jo teaches beginner, general and intermediate level classes as well as private sessions.



Michael Amy
MSPT, E-RYT 500, OYI, C-IAYT

Michael is a Registered Yoga Teacher at Open Sky, Certified Yoga Therapist and a licensed Physical Therapist with 27 years of experience. Michael completed Essential Teacher Training with Francois Raoult and Relax and Renew® certification with Judith Lasater. Michael completed Opening Yoga Instructor/Adapting Yoga for Disability from Matthew Sanford's Mind Body Solutions and teaches a weekly adaptive yoga class for individuals with trauma, loss, and disability. Michael synthesizes his knowledge of anatomy, physiology, neuromuscular function and the core principles of yoga and mindfulness to help yoga students, yoga therapy clients and physical therapy clients discover their inner sense of freedom and a sense of well-being.

THE MODULES

2026 September 18-20 François Raoult. Key note address. Opening poses. Ujjayi Pranāyama. The art of Sequencing a practice and a class (vinyasa). Savāsana.

October 17-18 Michael Amy. Experiential anatomy, exploring anatomical landmarks and gaining a felt sense of structure within the body.

November 14-15 Michael and Jo Amy. Classical Standing poses.

2027 January 2-3 Michael and Jo Amy. Backbends/Forward bends

January 30-31 François Raoult. Zoom Live and recorded François Pranāyama and Nāda. How to practice and teach the essential breathing practices. The 3 Bandha. Mantra and sacred music.

February 27-28 Michael and Jo Amy. Inversions

April 24-25 Michael and Jo Amy. Adaptive/inclusive Yoga: An introduction to the mind-body practices accessible to everyone and what adaptive yoga is, and is not. An exploration into the inclusive universal truths of yoga and how they are accessible regardless of physical ability. Students will experience an adaptive yoga class and participate with adaptive yoga students in this module.

May 15-16 Jo Amy. Practical philosophy: An experiential journey into the heart of Yoga, exploring the philosophies that expand our thinking around the concepts of human existence and why they are still relevant to our lives today; an embodied dive into consciousness.

June 4-7 François, Jo and Michael. Written and teaching tests. Graduation ceremony.

A 90-minute Wednesday evening class (4:30-6pm) at the studio with Jo and/or Michael is required between October 1st to June 13. (No classes during holidays)

TUITION

\$50 non-refundable application fee.
Tuition **\$3850** including a **\$500** non-refundable deposit. 30% off for previous graduates of Open Sky Yoga 200 and 300 hr TT. No refund after July 2024.

LOCATION

Open Sky Yoga Center
5 Arnold Pk, Rochester, N.Y.

www.openskyyoga.com

