

50

1975
to
2025

Fifty Years of Teaching CELEBRATION ROCHESTER, NEW YORK



FRANÇOIS RAOULT

ĀSANA PRĀṆĀYĀMA DHYĀNA NĀDA **THE BEST OF!**

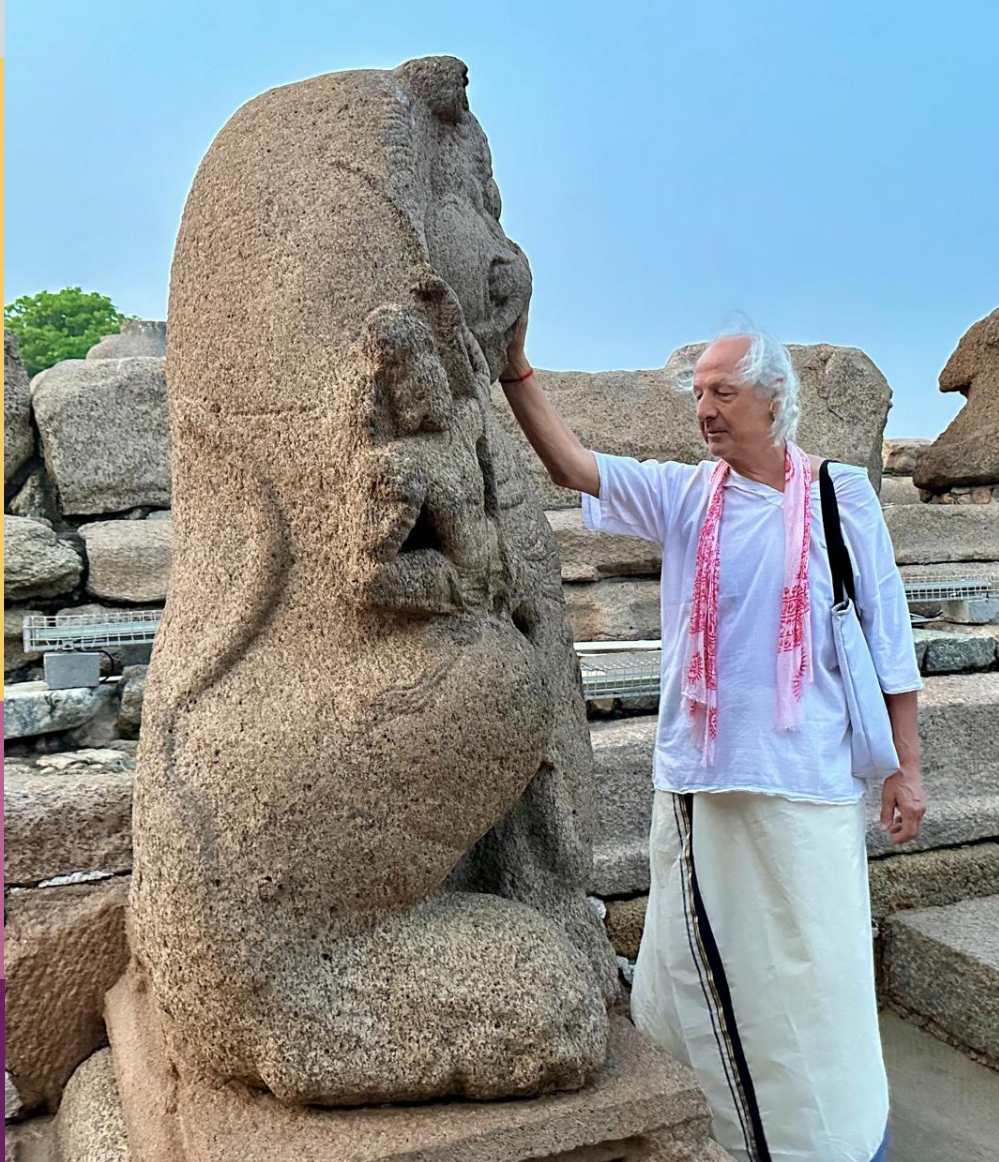
June 14-15, 2025 \$250

SATURDAY 10am-4pm SUNDAY 8:30am - 2:30pm

Weaving āsana with prāṇāyāma and the Sound of Music ...
in a meditative mode. Classical practices and few surprises ...

FRANÇOIS RAOULT MA, 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.



The purpose of art (and yoga) is to lay bare the questions which have been hidden by the answers.

—J. BALDWIN

Yoga will help you find yourself
in the lost and found of Life. —F.R.

Yoga for the Sky of it ! —F.R.

Please, pre-register at
openskyyoga.com