

The Healdsburg Yoga Studio presents



# Journey

toward the center

with **FRANÇOIS RAOULT**

**April 21-22**

*Time: both days—9:30 am to 4:30 with a tea/lunch break*



*François Raoult MA, ERYT, Director of Open Sky Yoga, is dedicated to teaching yoga with awareness, integrity and compassion. He first felt the call at age 19, on a pilgrimage to sacred sites of India. A graduate of the Ecole Nationale de Yoga in Paris, he started teaching in 1975 and a year later began extensive training with Sri B.K.S. Iyengar. François also has studied meditation with Zen Master Thich Nhat Hanh, Ayurveda with Dr. Robert Svoboda, and anatomy with Thomas Myers. In addition to conducting an annual retreat in France, François teaches regularly throughout the US, Europe, Canada, Mexico and India. He is the founder of Open Sky Yoga Center in Rochester, NY. François is also certified in Gong Yoga and in "Laughing For No Reason." He's also just completed the International Sound healer training in Alicante, Spain.*

**SEMINAR OPEN TO ALL LEVELS:**

**Saturday morning**

Maha Parsva, opening the sides in standing and sitting poses. Focus on Quadratus lumborum.

**Sunday morning**

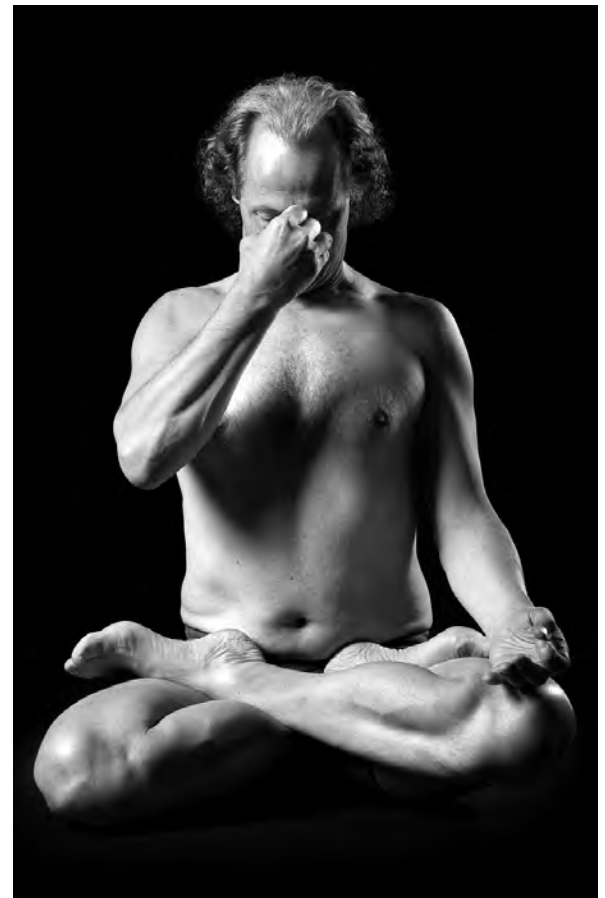
Explorations of the 5 vayus in asana and pranayama.

**Afternoons** Restorative practice. Listening to sacred music from a yogic point of hearing (nada yoga) and savasana.

**\$250** for whole weekend  
**(\$220** early registration before March 10)  
*Sat or Sun only \$135 if space is available.*  
If possible, please bring yoga props: a bolster for restorative poses, 2-3 blankets, mat, belt, eye-bag. We have some props available, as well.

*Location/Directions:*  
Healdsburg Yoga Studio  
459 Healdsburg Ave.  
(cross street at Piper)  
Healdsburg, CA 95448

*For more info & local accommodations:*  
707-431-0993 or  
[www.healdsburgyoga.com](http://www.healdsburgyoga.com)



Send your registration today to:  
Healdsburg Yoga Studio  
461 Healdsburg Avenue, Healdsburg, CA 95448

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

*Make check payable to: Healdsburg Yoga Studio*

