

presented by High Desert Yoga

March 30- April 1, 2012

# Pranayama Intensive with FRANÇOIS RAOULT



**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.

### TEACHER TRAINING

**Friday, March 30, 2-5pm \$60**

*For teachers*

ROPES. Yoga Kurunta. Learn the ropes!  
 Subtle variations developed over three  
 decades of hanging!

*Please no food before the class!*

### SEMINAR OPEN TO ALL LEVELS:

**Friday, March 30 6-9pm \$54**

Viloma bhramari tratak practices to  
 clear the mind and promote sleep!

*Open to all, including non-yogis!*

**Saturday, March 31, 1:30-6pm \$98**

Asana and pranayama, form and  
 content. Focus on Quadratus lumborum  
 and opening the sides.

**Sunday, April 1, 1:30-6pm \$98**

Three bandha Five vayus One yoga!

Session will end with Yielding in  
 Savasana and sacred music from a  
 yogic point of hearing (Nada Yoga)

**Saturday and Sunday \$185**

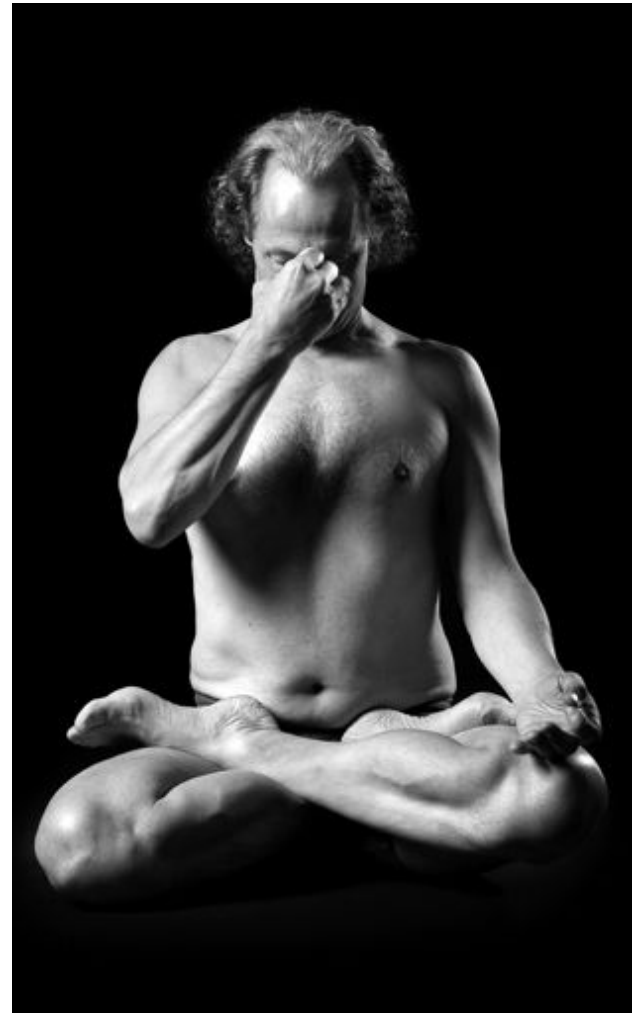
**Entire seminar (Fri 6pm/Sat/Sun) \$225**

*Location:*

4600 Copper NE  
 Albuquerque  
 New Mexico, 87108

505-232-9642

yogainfo@highdesertyoga.com



Send your registration today to: High Desert Yoga, 4600 Copper NE, Albuquerque, NM 87108

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Fri/TT \$60  Fri/Exhale \$54  Sat \$98  Sun \$98  Sat and Sun \$185  Entire Seminar \$225

Make check payable to: High Desert Yoga 505-232-9642 yogainfo@highdesertyoga.com

