

Iyengar Yoga Center of Boulder presents

An evening of Pranayama



led by Senior Teacher **François Raoult**

For certified teachers and experienced students.

April 19, 2013

In a time where asana is over-emphasized and may be overrated in the subculture of American yoga, it is essential to practice and teach pranayama.

Pranayama increases vitality and immune defenses as well as deepens relaxation, letting go (aparigraha) and surrender (isvara pranidhana). It opens wider the doors of perception.

In this workshop we will explore

- the connections between breath and sound
- kapalabati and bhastrika variations
- bhramari tone and overtone
- bandhas and kumbhakas

Friday 5-8pm \$65

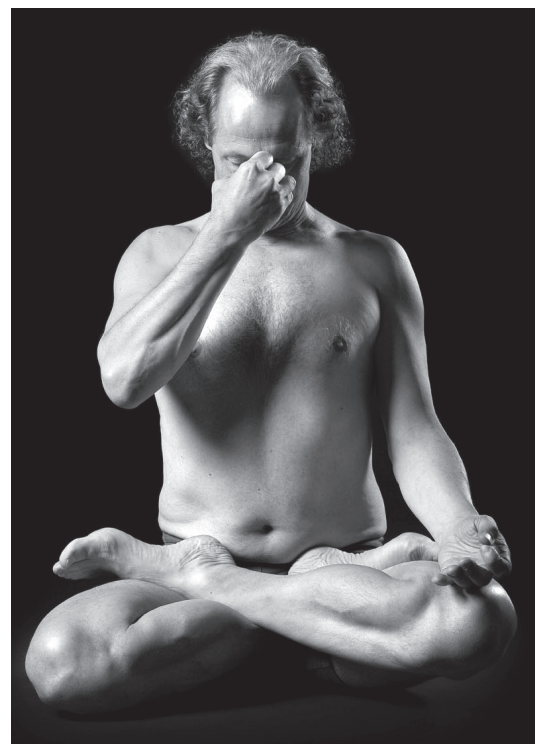
For more information:

Iyengar Yoga Center of Boulder
2299 Pearl Street, Downtown Boulder
at 23rd and Pearl St. next to Sun Deli.

boulderyoga.com

303-444-9642

laura@boulderyoga.com



ततः क्षीयते प्रकाशावरणम् ।५२।

II.52 tataḥ kṣīyate prakāśa āvaraṇam

"Pranayama removes the veil covering the light of knowledge and heralds the dawn of wisdom"

—TRANSLATION B.K.S.IYENGAR

François Raoult M.A., ERYT
François is the founder and director of Open Sky Yoga Center in Rochester, N.Y. and has taught yoga since 1975. He conducts seminars, international retreats and teacher trainings worldwide. A graduate of the Ecole Nationale de Yoga in Paris and among the first french yoga instructors to study in Pune, India with B.K.S. Iyengar, François also has explored 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.

Send your registration (check or charge) to: Boulder Yoga Center, 2299 Pearl St #6, Boulder, CO 80302

Name _____

Address _____

Phone _____ E-mail _____

Visa MasterCard Name on card _____

Credit card number _____

Exp. date _____ Verification Code (three-digit number on back of card) _____

Enclosed is my check for \$ _____, payable to Boulder Yoga.

No refunds unless we are able to fill your spot.

