

Yoga / Breath / Sound

Asana / Pranayama / Naada

The Iyengar Yoga Center of Boulder is sponsoring a 3-hour seminar with **Senior Teacher François Raoult** exploring the sound of breath, the resonance of mantra, and the 4 levels of Naada yoga.

The session will begin with asana to release the spine and the diaphragm to prepare sitting meditation pose, and will end with relaxation and savasana. All levels welcome!

François Raoult MA, 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. François is on the faculty of L' Ecole du Corps-Conscience, a leading somatotherapy school in France and Naada Yoga Center in Montreal. Certified in Gong and Laughing Yoga, François completed the International Sound Healer program and also holds a master's degree in Ethnomusicology.

For more information and to register, visit <http://www.boulderyoga.com/workshops/>

Friday, May 1, 2015
5:00-8:00pm

\$65 in advance

\$75 at the door



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