

Sponsored by Iyengar Yoga Center of Boulder & Laura Allard

# Asana and Pranayama: the Core Connection

a weekend of yoga with **Francois Raoult**



*François Raoult M.A., R.I.Y.T. first felt the call to yoga at age 19, on a pilgrimage to sacred sites of India. Then he completed a masters degree in ethnomusicology. In addition to directing Open Sky Yoga Center, François teaches yoga seminars worldwide. A graduate of the Ecole Nationale de Yoga in Paris and a Certified Iyengar Instructor, he has taught yoga since 1975 and studied meditation with Zen Master Thich Nhat Hanh, Ayurveda with Dr. Robert Svoboda, and anatomy with Thomas Myers.*

**May 16-17, 2009 in Boulder CO**

Iyengar yoga emphasizes asana and alignment but also offers great subtlety in the art of breathing and meditation. This seminar explores the classical pranayamas, sitting and lying down: ujjayi, vilomas, bhramari, the three bandhas, and the purification practices of kapalabati and bhasrika. We will practice asanas and explore their connection to pranayama. Ujjayi breath, for example, enhances asana practice by massaging the inner spine like a wave. In restorative poses and savasana, we will map the breath to discover its inner landscape, the five vayus. We will chant OM as a manifestation of breath and a way to find and express your own voice. Finally, we'll explore the Ayurvedic approach to pranayama according to the doshas and the gunas.

**Location:** Iyengar Yoga Center  
2299 Pearl St #6, Boulder CO 80302  
downtown Boulder

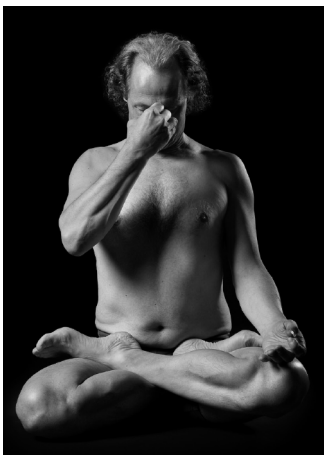
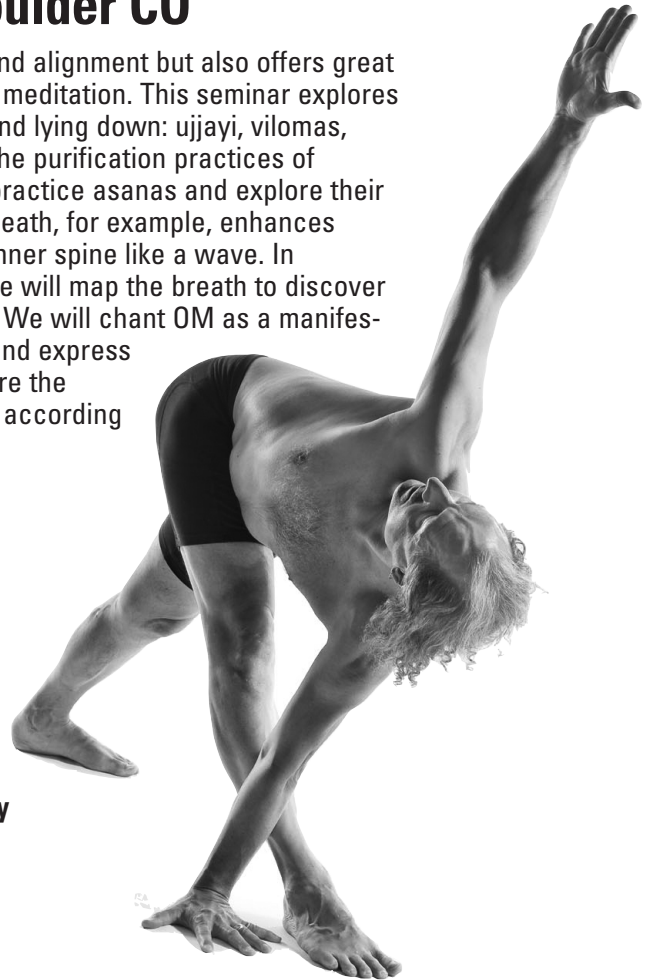
**Times:**

**Saturday** 10-4  
6 hours with a tea break  
**Sunday** 10-4  
6 hours with a tea break  
Q&A after break

**Fees: \$ 220 both days or \$125 per day**  
15% discount for students and seniors

**For information:**

[laura@boulderyoga.com](mailto:laura@boulderyoga.com)  
303-444-YOGA



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

Name \_\_\_\_\_

Occupation \_\_\_\_\_

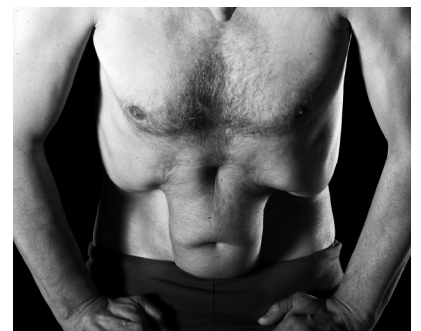
Address \_\_\_\_\_

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☐ Enclosed is my check for \$ \_\_\_\_\_

payable to Iyengar Center of Boulder.



*No refunds unless you find  
somebody to take your place.*