

Intermediate-Advanced Yoga Workshop with **Francois Raoult**

"When we create an asana (yoga posture) we build the underlying structure, the sacred architecture. In doing so we follow the cosmic and esoteric rules of nature. We seek to expend minimal energy, to be as functional as possible. This is like establishing the foundation or creating the skeleton of beams when building a house. We have to create the optimal conditions so life can happen inside--so breath can breathe, heart can pulse with contentment, and fluids can flow and nourish the tissues. In yoga we have an inward experience of that living space as well as an awareness of the structure; they influence each other mutually."

Francois is the director of Open Sky Yoga in Rochester, New York. He is a certified Iyengar teacher and has studied yoga with B.K.S. Iyengar for many years. Francois is dedicated to teaching yoga with awareness, integrity and compassion.



SACRED ARCHITECTURE

March 1-2, 2008 \$220

Sat: 10:00-12:30, 1:30-3:30 pm

Sun: 10:00-12:30, 1:30-3:30 pm

(register by Jan 30 \$195)

Register by phone: 502-585-9642 (VISA/MC)

Single Day: \$115; Half Day \$60

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