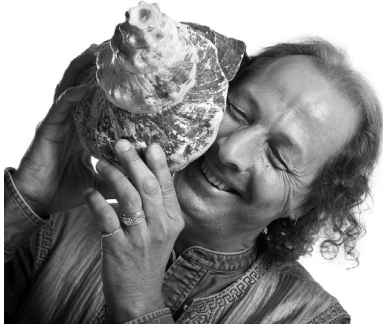


REYJAVIK, ICELAND

Asana POSTURE
Pranayama BREATH
Naada SOUND



François Raoul 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.

led by Senior Teacher **François Raoul**

March 14-15, 2020 REYJAVIK, ICELAND

*Open to all Students, Teachers and Teacher Trainees
from all Schools of Yoga and All Ways of Life...*

SUSTAINABLE YOGA **Saturday**, 9am-12 and 1:30 to 4pm with lunch break
Sunday, 9am-12 and 1:30 to 4pm with lunch break

A program of essential practices of asana, pranayama, bandha to enhance function and longevity. Each day will have a Naada section of yogic listening and chanting.

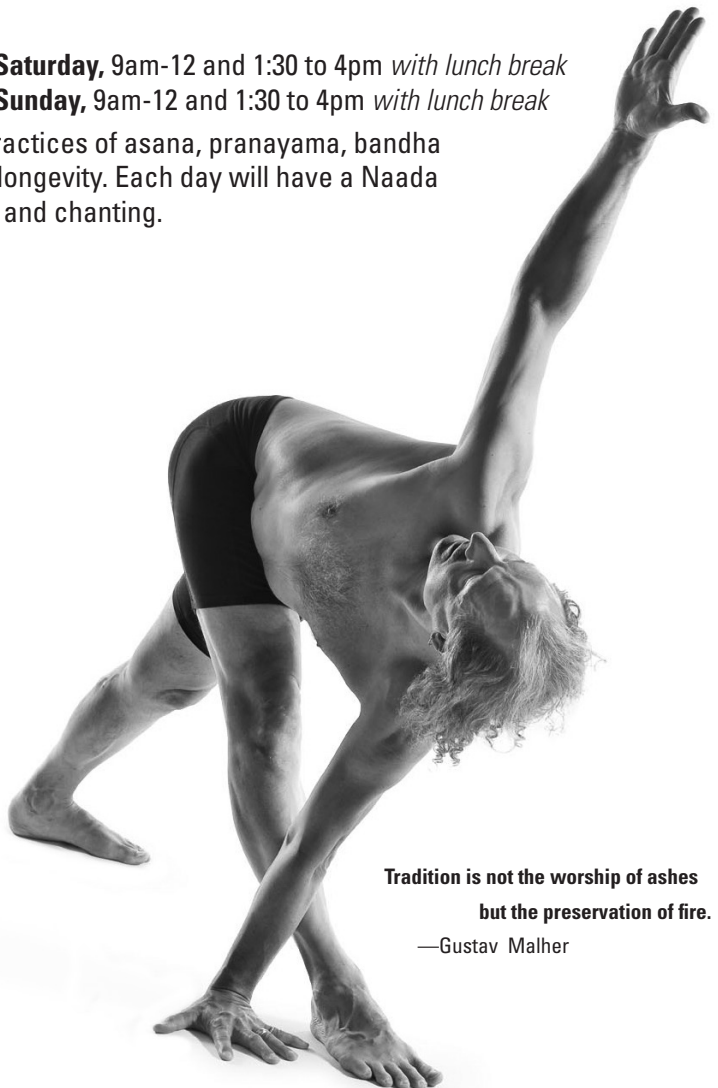
Entire seminar **33000 kr**

No refunds unless we are able to fill your spot.

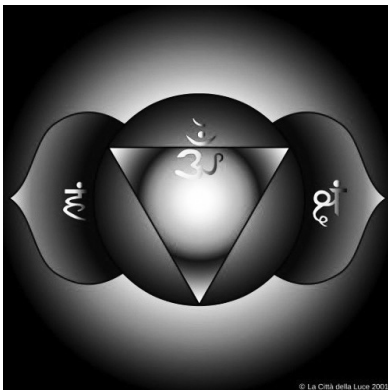


Ljósheimar
fyrir huga, líkama og sál.

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**Tradition is not the worship of ashes
but the preservation of fire.**
—Gustav Malher



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