

Rising Sun Yoga presents



yoga the Journey



A Pranic Connection with François Raoult

November 19-20, 2011

10am-3:30 pm with a tea break

Saturday am

Breath and Posture:
the Core Connection

Sunday am

Mindful vinyasas and inversions

Afternoons

Deep Listening
Restorative yoga/Yoga of sound and
silence (nada yoga)

\$220 entire workshop

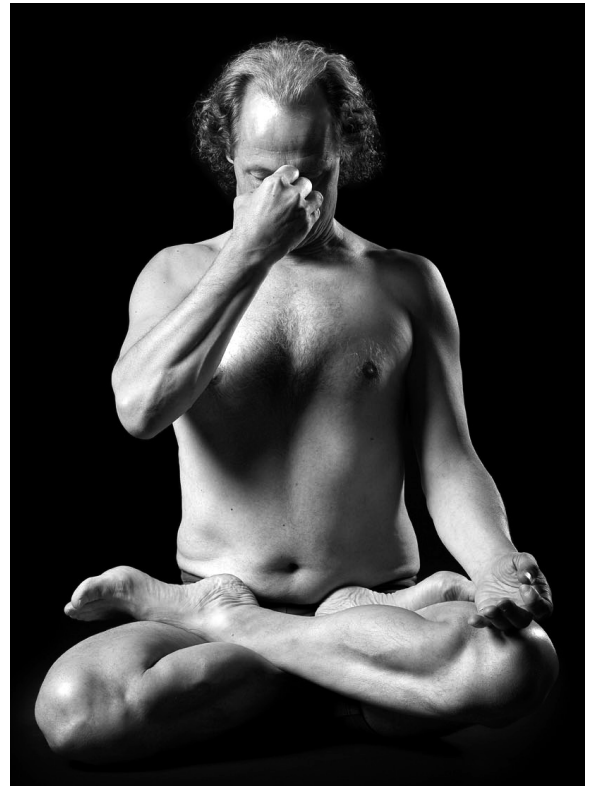
\$120 per day

location:

Rising Sun Yoga
Georgetown Square
5225 Sheridan Dr (at Evans St)
Williamsville, NY 14221

for more info:

716-632-5802
www.RisingSunYoga.com



*"If you give it good concentration,
good energy, good heart and good performance
the song will play you." —LEVON HELM*

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. Francois is certified in Gong Yoga and "Laughing For No Reason"!

Send registration to: Rising Sun Yoga Center, Georgetown Square, 5225 Sheridan Dr, Williamsville, NY 14221



Name _____ Occupation _____

Address _____

_____ ZIP _____

Phone _____ E-mail _____

Major credit cards accepted. Name on card _____

Credit card number _____

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

Enclosed is my check for \$ _____, payable to Rising Sun Yoga Center.

Saturday \$120 Sunday \$120 Entire Workshop \$220

Payments can also be made online with a credit card at www.yogaisrisingsun.com/store

