



The Piedmont Yoga Studio is pleased to present

How to Improve Your Posture & Breath

Tadasana as a Blueprint for Yoga and Life with François Raoult

October 15-17, 2010 in Oakland, CA



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.

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

In this yoga seminar we will practice postural awareness and alignment in daily life postures as well as in standing and sitting yoga asana. We will look at slides of people from all around the world standing, walking, carrying on the head and sitting. We will explore how yoga practice and daily life patterns of movement are deeply connected.

SEMINAR OPEN TO ALL LEVELS:

Friday, October 15 6-9pm \$60

Decompressing the spine—
from mula to sirsa

Saturday, October 16

9-12 PM The art of standing \$60

**2-5 PM The art of sitting and lying down—
in daily life and in meditation \$60**

Sunday, October 17 1:30-5:30

Pranayama and Ayurveda \$80

Fee for all **\$235** if registered by October 1.
\$250 thereafter.

Registration via credit cards accepted
at www.piedmontyoga.com

Location & Information:

Piedmont Yoga Studio
3966 Piedmont Ave, Oakland CA
510.652.3336

pys@piedmontyoga.com
www.piedmontyoga.com
and www.openskyyoga.com



Send your registration today to:
Piedmont Yoga Studio
PO Box 11458
Oakland, CA 94611

*Cancellations before Oct 1
will be refunded workshop fee
minus \$15 administrative fee.*

Name _____

Address _____

Phone _____ E-mail _____

Fri \$60 Sat AM \$60 Sat PM \$60 Sun \$80 All days \$235 (after 10/1/10 add \$15 to each.)

Enclosed is my check for \$ _____, payable to Piedmont Yoga Studio, PO Box 11458, Oakland, CA 94611