

DAVID WILLIAMS: ASHTANGA YOGA WORKSHOP

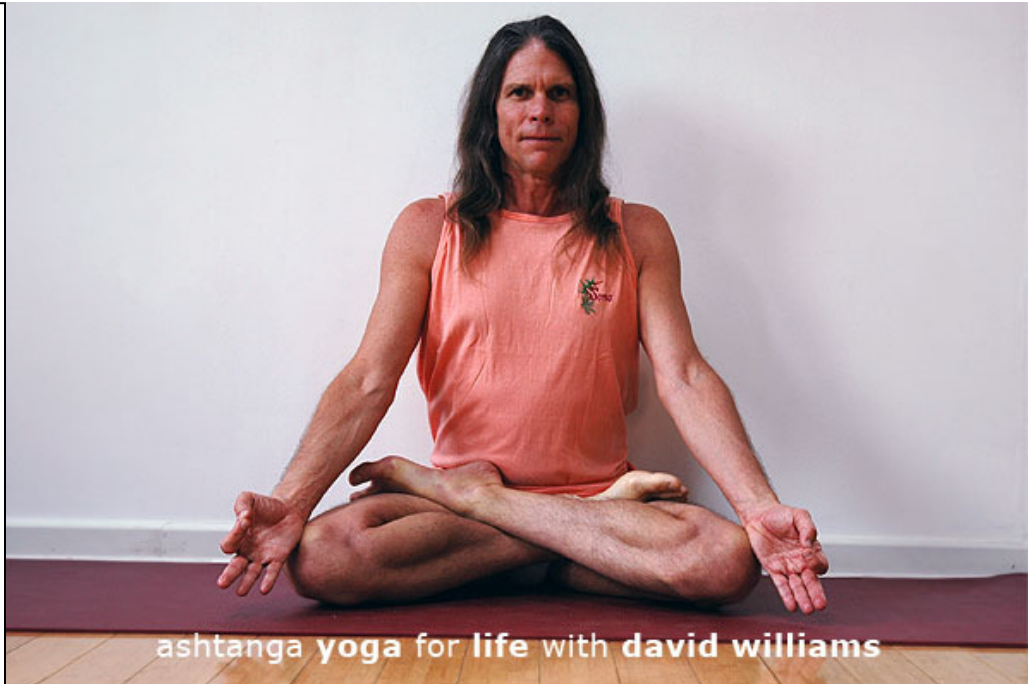
May 6-9, 2010

Full Workshop
\$225 before Feb. 25
\$255 after Feb. 25

Individual Session Prices
\$45/\$55

Register:
WWW.SAVANNAHYOGA.COM
(912) 232-2994

No yoga experience necessary



David is a true living legend. But don't let that intimidate you. He is incredibly warm, laid back and funny. You will immediately feel at ease in his company. David takes the intimidation out of the physical yoga practice of Ashtanga.

For those who can't come to the entire workshop, David really encourages everyone to attend the Thursday evening lecture & discussion. David will be talking about his beginnings in yoga, meeting and studying under Pattabhi Jois, his travels and why after 20 years of not teaching publicly he has decided to teach the public again.

Thursday- 5:30 pm - 8:00 pm (\$45) Lecture - No physical practice. Bring a blanket to sit on and a pen and paper. Discussion of how David thinks Ashtanga Yoga should be taught and practiced based on his 39 years of daily practice and teaching. This class is the foundation for all students, and particularly teachers, who want a greater depth of understanding of the "big picture" of the most beneficial way to practice and teach Ashtanga Yoga.

Friday- 5:30 pm- 8:00 pm (\$55) Come prepared to practice yoga. 1st series in depth-thorough explanations of each step.

Saturday- 10:00 am- 12:00 pm (\$55) Come prepared to practice yoga.

1st series completed with less interruption by David's commentary, except for postures not covered the day before.

Saturday- 4pm- 7:00 pm (\$45) Lecture - No physical practice. Bring a blanket to sit on and a pen and paper. History of Yoga, description and the history of Ashtanga Yoga, David's travels and adventures in Yoga, and his bringing Ashtanga Yoga to America and its eventual spread to the entire world.

Sunday- 10:00 am- 12:00 pm (\$55) Come prepared to practice yoga.

An introduction to 2nd series in a way that everyone at all levels can try and enjoy.