

# ASHTANGA YOGA WORKSHOP

With DAVID  
KEIL

March 8-12, 2010

**\$125 for the week**

2 sessions offered

6:30am (10 students max)

9:30am (10 students max)

**Savannah Yoga Center**  
1321 Bull St. Savannah, GA

Register at  
[www.savannahyoga.com](http://www.savannahyoga.com)

(912) 232-2994



David has the perspective that the practice must come from the inside outward, as a result attention to the fundamental components of breath; bandha and drishti are first attended too. Then the layering of technique in asana and the anatomy of the poses have a foundation to sit on and a reason to be.

It can be difficult in one week to work with students in a way that moves them forward. This is exactly why David asks that you commit to coming for the 5 days, establish a relationship and give enough time for observation, assessment and then direction. David will not be sitting back and just watching you do your practice, instead he limits the numbers so he can engage everyone as fully as possible in a short amount of time.

*David Keil is an Ashtanga practitioner who has traveled the world teaching his YogAnatomy Workshop to teachers and students. He is a direct student of Shri K. Pattabhi Jois, the "guru" of Ashtanga yoga in Mysore, India and makes yearly visits to stay connected to the authenticity of this system of yoga. He is also a student and co-teaches anatomy for and with John Scott, a certified teacher of the Ashtanga Vinyasa system of yoga in the UK. David brings his understanding of the human body, the Ashtanga practice, his knowledge of bodywork and healing as well as his teaching skills to his workshops and his yoga classes. He shares techniques of practice that will help lead you to the next level.*