



# Ashtanga Yoga for the Rest of Your Life

## with David Williams • May 24-27, 2012

### Workshop Schedule

**Thursday, May 24 • 5:30 pm - 8:00 pm**

1st series practice led by David. Discussion of how David thinks Ashtanga Yoga should be taught and practiced, based on his 40 years of daily practice and teaching.

**Friday, May 25 • 5:30 pm - 8:00 pm**

In depth 1st series practice, with thorough explanations of every step.

**Saturday, May 26 • 10:00 am - 12:00 pm**

1st series practice, with less interruption by David's commentary.

**Saturday, May 26 • 4:00 pm - 7:00 pm**

History of Yoga, description and 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. Introduction and practice of the Ashtanga yoga pranayama, as taught by Pattabhi Jois.

**Sunday, May 27 • 2:00 pm - 4:00 pm**

An introduction to 2nd series in a way that everyone at all levels can try and enjoy. 2nd session of the Ashtanga yoga pranayama led by David.

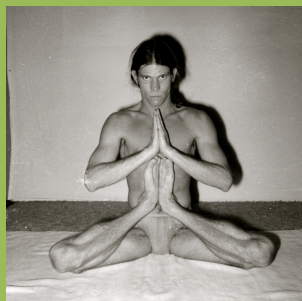


David Williams has been practicing yoga daily without interruption since 1971. In 1973 he began studying Ashtanga Yoga with K. Pattabhi Jois in Mysore, India, and became the first non-Indian to be taught the complete Ashtanga Yoga system directly from Jois. Later, David, along with Nancy Gilgoff, introduced Jois and his son Manju to America and the western world. David is responsible for teaching the Ashtanga Yoga system to many of today's leading teachers and practitioners, including David Swenson, Doug Swenson, Danny Paradise, Bryan Kest, Jonny Kest, Tracy Rich, Chuck Miller, and Maty Ezraty. David is a graduate of the University of North Carolina at Chapel Hill. He has lived on the island of Maui, Hawaii since 1976 and teaches private, individual, or group classes by appointment.

**\$300 Full Workshop • \$250, 2 Weeks in Advance  
\$70 Individual Sessions**

**Location: Unitarian Universalist Congregation**

831 Herbert Perry Rd. Kitty Hawk, NC  
<http://www.uucob.org/contactus.htm>



To Register, Contact: Michelle Dorer at Ashtanga Yoga Center  
phone: 252-202-0345 • email: [info@ashtangayogaobx.com](mailto:info@ashtangayogaobx.com)  
website: <http://www.ashtangayogaobx.com/Events.html>

For those who cannot attend the entire workshop, attendance at Thursday's introductory class is strongly encouraged • Those attending Thursday's class will receive a \$10 discount on all other individual classes.