

"Ashtanga For The Rest Of Your Life"

A workshop with David Williams,
the man who brought Ashtanga Yoga to the west.

Thursday 27th - Sunday 30th September, 2012

DAVID WILLIAMS has been practising Yoga daily, without interruption, since 1971. In 1972, David met K. P. Manju, the son of K. Pattabhi Jois, and saw him demonstrate the Ashtanga Yoga 1st series. This was at Dr. Swami Gitananda's Ananda Ashram in Pondicherry, South India, where David received his 6 month Yoga teacher training certification. In 1973, David began studying Ashtanga Yoga with K. Pattabhi Jois at his home in Mysore, India, and became the first non-Indian to be taught the complete Ashtanga Yoga system of asanas and pranayama directly from Jois. David introduced K. Pattabhi Jois and Manju to America and the western world when he, along with Nancy Gilgoff, organised and sponsored their first visit to Encinitas, California, in 1975.

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 63 years old and lives on the island of Maui, Hawaii.



Bookings or more information

email info@greystonesyoga.ie or call **0868542741**
www.greystonesyoga.ie

WORKSHOP TIMETABLE

Thursday- 5:30 pm - 8:00 pm Talk and practice

Discussion of how David thinks Ashtanga Yoga should be taught and practised based on his 40 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 practise and teach Ashtanga Yoga. 1st series practice led by David.

Friday - 5:30 pm - 8:00 pm Talk and practice

Continuation of 1st series in depth led by David with through explanations of every step.

Saturday - 10:00 am - 12:00 pm 1st Series

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

Saturday - 4pm - 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 worldwide. Introduction and practice of the Ashtanga yoga pranayama, as taught by Pattabhi Jois, led by David.

Sunday - 10:00 am - 12:00 pm 2nd Series

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.

COST

Full workshop €250

3 hour module €75

2.5 hour module €65

2 hour module €50

A €50 non-refundable deposit secures your place. **Payment in full due by August 9th.** For those who can't come to the entire workshop, David really encourages everyone to attend the Thursday class.

