



## DAVID WILLIAMS comes to Salt Lake City, UT! October 9~ 12, 2008 12 hours of instruction for \$225!

**A rare and wonderful opportunity to study Yoga with the man who brought Ashtanga to the US.**

**Thursday: 5:30 pm - 8 pm Discussion**

On how David feels Ashtanga Yoga should be taught and practiced based on his 35 years of daily practice and teaching. This discussion is the foundation for the entire weekend. It is for all students and teachers who want a greater understanding of the "big picture" of Ashtanga Yoga; will give you the philosophy behind the most beneficial way to practice and teach Ashtanga Yoga.

**Friday: 5:30 pm- 8 pm Practice**

1st series in depth with thorough explanations of every step.

**Saturday: 10:30 am – 12:30 pm Practice**

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

**Saturday: 4:00 pm – 7:00 pm Discussion**

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 Practice**

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

**About David :** David Williams has been practicing 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 teachers training course 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, organized 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 55 years old. He is a graduate of the University of North Carolina at Chapel Hill. He has lived on the island of Maui, Hawaii, since 1975, and teaches private individual or group classes by appointment.

[www.centeredcityyoga.com](http://www.centeredcityyoga.com)

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