



20th - 27st September 2014

David Williams

www.ashtangayogi.com

ASHTANGA YOGA FOR THE REST OF YOUR LIFE

This is a rare and wonderful opportunity to practice and study Yoga with the man who brought Ashtanga out of India, the Godfather of Ashtanga Yoga

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 Manju 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 65 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 1976, and teaches private individual or group classes by appointment.

About the Cruise

In this week we will be cruising aboard the latest addition to the Yoga Cruise fleet, the Admiral, a beautiful wooden 3-master. One week Yoga Cruise including the Yoga sessions, accommodation, breakfast, lunch, tea time and dinner for € 1250 per person in a shared cabin.

For more information and availability, please contact kathja@yogacruise.net



early years
L-R: David Williams, David Swenson, Guruji, Nancy Gilgoff. Encinitas CA '75

Amma & Guruji Mysore, India '77

Guruji, Manu Jois & David Williams. Encinitas CA 1975