



Advancing Your Practice

Master Workshop with Will Duprey

At Native Yoga Center

Sunday, October 14th, 2012

12:00pm - 3:00pm

Pre register \$55, day of \$65



This workshop is intended for someone with an ongoing Hatha-Yoga (physical) practice. This 3 hour session we will explore commonly practiced asana (postures) and learn to move into variations (binding, revolving, inverting, twisting, etc.) to intensify the benefits of the base posture. The workshop will focus on a variety of postures with a specific theme - the breath and subtle body movements. Advanced Asana Workshop is perfect for the individual looking to explore, play and access different postures.

William Duprey teaches Sadhana. He was initiated by Sri Dharma Mittra and studied with him one-to-one until receiving his blessing to teach then began a similar course of study in Siddha Medicine. Will attends to many practices including chanting with Dr. M. A. Jayashree. He integrates his studies of yoga, medicine and mantra with life experience and traditional Hatha Yoga to emphasize a system of personal transformation that encourage students to discover inner awareness and reach new heights. To know Will is to know an uplifting and humorous teacher with an ability to integrate philosophy and subtle energy into classes in a light-hearted loving way. His advanced teacher training programs are based on his own practices, methodology and teachings of his teachers to present a complete holistic system that promotes positive feelings and stability in body,



mind and spirit. His teachings of chakra bandha theory, including pranayama, and the Hatha Yoga Pradipika are known internationally. The emphasis in all of his work is for the student to develop their own way - their perfect path of yoga. While not teaching, Will is an avid hiker and is fond of beekeeping, waterways and growing food.



Register today by calling 561-296-7996
or sign up online at www.nativeyogacenter.com

Native Yoga Center
833 Donald Ross
Juno Beach, FL 33408