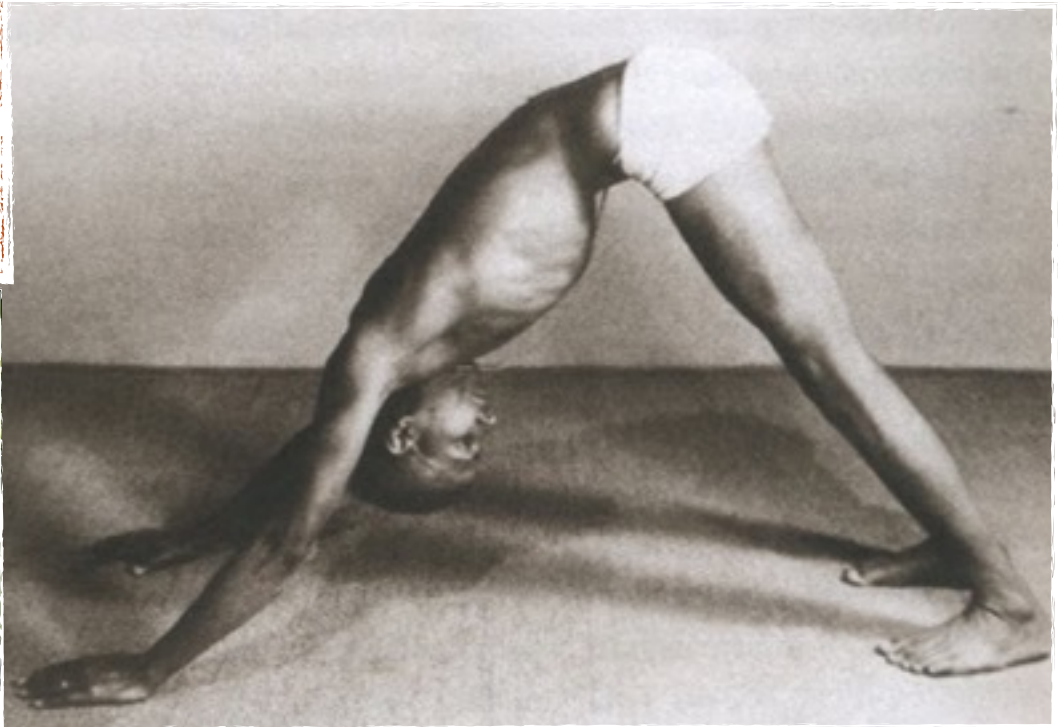


**SUNDAY**  
**OCTOBER**  
**23**



## **LED PRIMARY SERIES & TALK WITH NOAH WILLIAMS**

**9.00am to 11.30am**  
**Hermosa Beach Community Center**  
710 Pier Avenue, Hermosa Beach, CA 90254

*\$30 in advance, \$35 after October 18th*

This is a rare opportunity to study in the South Bay with one of the most respected senior Ashtanga teachers in the world. Noah will lead a primary series class and give a 30 minute talk about the tradition of Ashtanga Yoga.

*Noah began practicing Ashtanga Yoga with Tim Miller at the Ashtanga Yoga Center in Encinitas in 1993 and first traveled to Mysore, India in 1995 to study with Sri K. Pattabhi Jois (1915-2009). Noah returned yearly to India to further his studies and in 2001, became one of only a few dozen who have received Advanced Teaching Certification from Sri K. Pattabhi Jois personally. Noah has since studied with Sri K. Pattabhi Jois' grandson Sharath and has also extensively studied Sanskrit recitation, the yoga sutras and philosophy under Dr. M.A. Jayashree and Professor M.A. Narasimha of Mysore.*

**To register please contact Natale´ Ferreira via email: [natakali@gmail.com](mailto:natakali@gmail.com)  
Space is limited, so please register as soon as possible!**