



## **WILL DONNELLY, YOGI & AUTHOR**

[WillsPracticalYoga.com](http://WillsPracticalYoga.com)

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### **BIOGRAPHY ~ CAREER OVERVIEW**

**Will Donnelly** (formerly Bill) is a nationally recognized teacher. Will is the Lead Yoga Instructor at Four Seasons Lanai, offering a full array of classes including Anti-Gravity Aerial Yoga. Will is the founder of *WillsPracticalYoga.com*, and was co-founder of Spirit Trainers Yoga/Productions. Will is certified through both Kundalini Research Institute (KRI) and YogaWorks™, and blends these two different lineages beautifully through his fun & approachable signature style of yoga he calls **Practical Yoga**. His classes are continually described as “*transformative and nurturing*.”

Will taught at some of the top LA yoga studios, then went on to create his own reality TV show, ***Guru2Go on fitTV***, in partnership with ***Discovery Communications***. Through *Spirit Trainers Productions*, Will then teamed up with ***AOL Diet & Fitness*** to offer his signature Practical Yoga & wellness tips on-line, through a variety of engaging and entertaining forms, such as a video (*Beach Ready Boot Camp*) and audio. Additionally, he partnered with the second largest online wellness site behind WebMD, ***EverydayHealth.com***/Waterfront Media, to offer yogic wellness content to over 350,000 subscribers daily. Also, through *Spirit Trainers Productions*, he produced his popular workout DVD “***Practical Yoga for Everyday People***”, now available for instant streaming online via [willspracticalyoga.com](http://willspracticalyoga.com)

Through his signature *Practical Yoga*, Will offers a profoundly healing & energizing class experience. Blending Kundalini Yoga & Meditation (white tantric lineage) with Hatha yoga, all classes and private instruction encourage a non-dogmatic spiritual practice that energize, strengthen, and uplift participants. In addition to having strong technical knowledge of yoga, Will is known for guiding students on a transformative inner journey like few others.

Will is also a writer and writing coach, and founded ***Writing From The Core With Will*** (2011) at *Kalani Retreat Center*. The group has maintained its status year after year, and continues to this day long after Will left Big Island, a testament to the enduring strengths of the class.

Will's specific intention: Help everyday people tap into their spirit and find health & radiance for their daily lives. He reminds us that the profound yet practical practice of yoga is for everyday people who live in a modern world, especially those who may think yoga is beyond their grasp. To help bring yoga off the mat and into everyday people's lives, Will has taught in dynamic locations such as: the *Cannes Film Festival*, Official Yogi 2005/American Pavilion in France; *Legoland*, California; *UCLA Medical Center*; the *Santa Anita Race Tracks* in Los Angeles; and from construction sites to dentist offices as well as exclusive clubs, to name just a few.

After seven years living in the jungle on the Big Island of Hawai'i, Will is now the full time Lead Yoga Instructor at Four Seasons Lana'i.

*For video clips from Will's workout DVD & Television show, visit [willspracticalyoga.com/resume](http://willspracticalyoga.com/resume)*