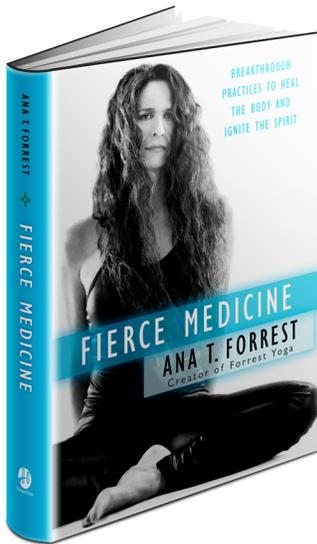


Santarosa Yoga

<http://www.santarosayoga.net/sri-zine/book-video-reviews/78-book-review-fierce-medicine-by-ana-forrest>

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Book Review: Fierce Medicine by Ana Forrest



In 2003, wanting a taste of the reputed unique combination of intensity and compassion that was [Ana Forrest](#), Vinnie "Bodhi Akal" Hunihan of [Akal Yoga](#) and I attended a jampacked workshop at Darren Friesen's beautiful [Moksha Yoga Center](#) in Chicago. We got what we were expecting and more. If you came to master inversions, develop shoulders and arms, find the lower belly- that was all there. If you came to learn about the feet and hands, and activating them to enliven every pose, that was there. If you came for long holds and demanding heart openings, you got that too. In fact, I remember Vinnie flopping down on the mat in exhaustion and looking over at me just laughing out loud at what was being asked. Let's just say- not quite Iyengar.

Ana asked a lot of us physically, and also asked us to get to the feeling behind the resistance and poses- and to move beyond those false limits. The most compelling theme of the day was **you are infinitely stronger than you know**, feel what you're feeling, and triumph over it. Let the body be your guide. That message is still powerful in Ana's work, and runs throughout her new book.

Ana has put her story out for the world in ***Fierce Medicine***. The book poignantly couples her personal narrative of abuse, illness, isolation, drugs and alcohol with the story of emergent inner strength, mysticism, healing and triumph. It was

pretty hard to put down! I kept gasping at the cards life had dealt her, and as I read her response to those circumstances (which extended to a despairing suicide attempt as a young girl), I was feeling more than slightly ashamed for having objectified her as another blessed yogi-celebrity.

All of Ana's yoga is aimed at developing the deepest listening to feed a powerful new life. A way to walk away from fear, to speak truth, to accept change, to uncover and then to live in harmony with your values and ethics. The book contains philosophy, postures and exercises for doing this in a very practical way.

In the yoga sutras (2.15 and 2.16), we're reminded that we practice yoga now to avoid future suffering- through our practice, we learn to separate from the stories, the past behaviors and the thinking patterns that create suffering, and choose differently. It all conspires to bring wholeness- the meditation, the conscious movement, the awareness practices- yoga practices are indeed a self-reliant healing system.

Ana is a remarkable living example of this- healing from within. Her unique combination of Native American and Yoga wisdom have created a language and format that is original and compelling.

You can find the book on Amazon: [Fierce Medicine: Breakthrough Practices to Heal the Body and Ignite the Spirit](#).

To see her in person, [Ana's event schedule for book signings and trainings are on her site](#).

Om Shanti,

SRY