

My Forrest Yoga Story

By Bridget Boland (gypsybill7@sbcglobal.net)

Forrest Yoga saved my life. In my late twenties I was practicing law in Chicago. From the outside I appeared successful. But inside I felt like I was dying. My career was not satisfying. My dreams of writing books were unfulfilled. I longed for a life partner and a family but couldn't seem to create those in my life either.

Then I got introduced to Ana and Forrest Yoga. The techniques and skills of Forrest Yoga helped me not only on my mat but in the rest of my life. The practice gave me a framework for processing my experiences and emotions and for more intentionally creating a life I could be proud to live. Now I spend my days teaching yoga, doing energy medicine sessions, and caring for my son. I also have a novel, *The Doula*, being published in September by Simon and Schuster. I've evolved along with Forrest Yoga, becoming a senior teacher and guardian of the Hoop of the People. The Forrest Yoga community models for the larger world how we can all support one another and make positive change for our own lives and the planet.

I divide my time between Dallas and Chicago, and teach anywhere and everywhere. I combine Forrest Yoga with processes from my studies of shamanic energy medicine, as well as Scaravelli Yoga and other styles I find helpful for healing. My classes focus on creating a sacred space for students to go deeper within and simultaneously find their ground while reaching for their wildest dreams. I work a lot with writers on fostering their creative talents, as well as with women during

pregnancy, childbirth and postpartum. At Windhorse I'll be teaching a workshop using Forrest Yoga to foster emotional health and well-being, focusing on postures, breathing techniques, visualizations and meditations that ward off stress, anxiety and depression and foster a sense of calm vitality. I'm thrilled to share my epiphanies around this practice with Forrest yogis.