

Empowerment through yoga

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US yoga guru Ana Forrest has been in Peterborough for the past month showing a way of healing and empowerment through yoga.

The creator of Forrest Yoga finished her month-long foundation teacher training course this week at Equilibrium Yoga Centre in Woodston.

Given her reputation as a pioneer in yoga and emotional healing and the fact I had not done yoga for years, it was with some trepidation that I arrived at the centre to join one of her classes.

The centre was packed with members of the public and trainee teachers for the two-hour session and while it was a physical work-out I was made to feel very welcome with Ana herself and some of the trainers on hand to talk me through alternative, easier positions when my inflexibility and inexperience showed.

And it was as much about empowerment as a work-out, I left the session feeling energised and amazed that someone



Ana Forrest about Forrest Yoga:
"I've created a system of yoga specifically for 21st century living."

as unfit and lacking in balance as I ended the session able to do a handstand with the support of a wall, by using it to walk my feet up into the air.

For more information about Forrest Yoga visit www.forrestyoga.com