

# WORKSHOP

## with Ana Forrest

### April 30, 2011



FORREST YOGA

The Forrest Yoga Workshops are asana focused practices. Forrest Yoga helps you connect to your core - getting strong and centered. It uses heat, deep breathing and vigorous sequences to sweat out toxins. The long holds in the pose progressions help you flush, oxygenate and rejuvenate every cell. The Forrest Yoga Workshops are offered to practitioners of all levels. As a beginner to Forrest Yoga, you learn to breathe deeply and connect in feeling with your body. As you progress, you get proficient at safely tailoring each pose to work best for you, particularly with physical and emotional injuries.

**Join Ana Forrest at Shakti Vinyasa Yoga in Seattle. Sign up today !**

**SATURDAY, April 30**

**CHANGING YOUR RELATIONSHIP WITH FEAR**

**11:30AM – 2:30PM**

How does fear affect you? Interested in learning how to change your relationship to fear? Fear is a powerful emotion that dictates our decisions and hinders us from making good choices. Fear can lead to anxiety, despair and depression. Forrest Yoga teaches you a different way to relate and work with fear. It teaches you to use fear as a warning call, to listen, be alert and proceed cautiously. Fear does not have to be something that paralyzes you. In this session you will use breath and asana to access, comfort and support the parts of your body that are constricted by fear. This new approach to our fearful places brings about change immediately. Your body responds and relief can be felt immediately. You learn to move breath into these areas, stay steady, and remain present as difficult emotions surface, shift and transform. The bands that constrict your life force and contort your body begin to loosen. You will have room to breathe! When you treat your fearful parts with attention and compassion, you allow the 'wonderful' back into your life.

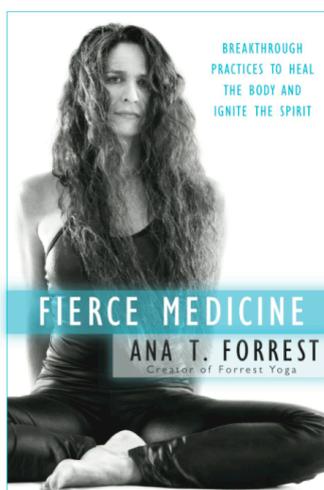
**PRICE - EARLY BIRD THROUGH APRIL 15, 2011**

- \$70 Early Bird/\$80 after April 15
- All paid amounts are non-refundable

**WHAT TO BRING**

- Two mats OR one mat and one blanket or beach towel to roll up
- Strap (at least 8 foot) and block
- Any other props needed to support any injuries or physical concerns.

**Exciting News!! On Friday, April 29, from 7:30-8:30 PM, Shakti, hosts a special event for Ana recognizing the national release of her book, Fierce Medicine. Join us for this festive celebration where Ana will demonstrate Forrest Yoga, read an excerpt from her book, take your questions and more!**



Ana Forrest is an internationally renowned pioneer in yoga and healing. She challenges her students to access their whole being and to use Forrest Yoga as a path to finding and then clearing the emotional and mental blocks that dictate and limit their lives. With Ana's meticulous guidance, students cultivate an acute awareness of their own practice and life process, creating a unique and powerful opportunity for the student to make practical life decisions based on their own experiences. In "Fierce Medicine," Ana distills and shares wisdom from her own life experiences, making complex ideas practical and easily applied. From "stalking fear" to "walking free of pain" and learning the art of "truth speaking," Ana offers simple practices and poses to "bring aliveness to every cell of the body and foster a connection to Spirit."



Visit [www.shaktivinyasa.com](http://www.shaktivinyasa.com) to register.