

WORKSHOPS with Ana Forrest May 6 - 8, 2011



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 YogaWorks – Center for Yoga on Larchmont in LA. Sign up today !**

FRIDAY, May 6

CELEBRATE YOUR PRACTICE 7:30 PM – 9:30 PM

Rekindle the fires of passion and pleasure with Forrest Yoga. Reconnect to your energy and delight in your strength. Bring healing and inspiration into your personal practice. Learn to make your practice exhilarating and delicious.

SATURDAY, May 7

UNRAVELING MYSTERIES OF NECK, SHOULDERS, HIPS 2:00 PM – 5:00 PM

Create freedom and strength in hip, neck and shoulders. Learn to safely unlock these habitual tension spots through intensely focused breathwork and asana (including inversions, standing poses and vinyasa). Strengthen and lengthen the muscles around these joints and create space in these areas. Walk through your life with grace and freedom.

SUNDAY, May 8

EMBODYING SPIRIT 2:00 PM -5:00 PM

Does your practice brighten or dim your Spirit? Make the choice to brighten up and fascinate in process! Forrest Yoga teaches you to focus your intent on connecting to and embodying your Spirit. How? By choosing, in the moment, to breathe in a way that brightens you; to do your poses in a way that invites your Spirit to permeate into all of your body. This welcomes your Spirit home.

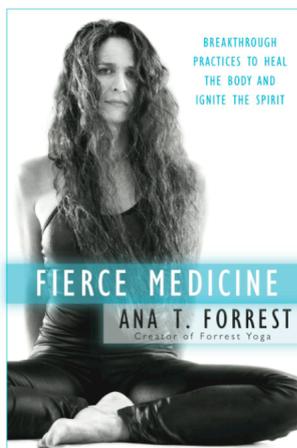
PRICE

- \$70 for Friday workshop
- \$80 for Saturday or Sunday workshops
- \$145 for Saturday AND Sunday workshops
- \$205 for all three workshops
- 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!! Immediately following the May 7 and 8 workshop sessions, Ana will read from her new book, *Fierce Medicine*, and take your questions.



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.yogaworks.com to register.