

WORKSHOPS

with Ana Forrest

May 10 and 11, 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 in San Francisco and Walnut Creek. Sign up today !**

TUESDAY, May 10
AT YOGAWORKS
1131 LOCUST STREET
2ND FLOOR
WALNUT CREEK

WEDNESDAY, May 11
AT YOGAWORKS
1823 DIVISADERO STREET
SAN FRANCISCO

OPENING YOUR HEART 6:00 PM - 8:30 PM

Learn the magic of heart-opening asanas. Open your core, which gives your heart support and counsel of your other primary chakras. This helps your heart and Spirit be more resilient, flexible and adept at surfing emotional waves. Learn to move obstructive shielding from your heart so it can truly and honestly feel each new experience afresh.

CELEBRATE YOUR PRACTICE 6:00 PM - 8:30 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.

PRICE PER WORKSHOP

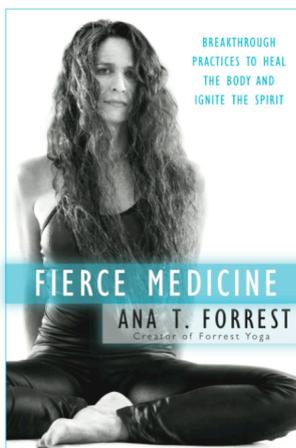
- \$70 EARLY BIRD through April 30
- \$80 after April 30
- All paid amounts are non-refundable

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 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.