

WORKSHOPS with Ana Forrest May 18 - 19, 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 The Studio DC. Sign up today!**

WEDNESDAY, May 18

REVITALIZE YOUR HEALTH 6:30 PM – 9:30 PM

The sedentary and frenetic pace of modern living contributes to our stress levels and causes our bodies to be stiff, often overweight and generally unhealthy. In this session, experience how yoga can cleanse, purify and refresh. Wash away tension and clear internal blockages. Begin incorporating greater fitness, flexibility and joy into your life.

THURSDAY, May 19

OPENING YOUR HEART 6:30 PM -9:30 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 remove obstructive shielding from your heart so it can truly and honestly feel each new experience afresh.

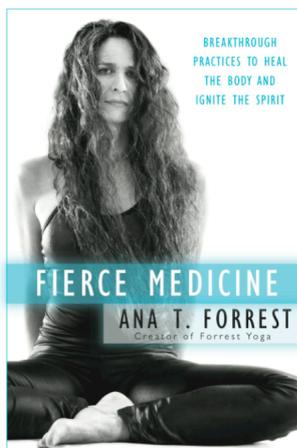
PRICE

- \$75 per Workshop session
- \$135 for 2 session package
- 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.thestudiopc.com to register.