

WORKSHOPS with Ana Forrest June 3 -5, 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 Root Yoga Center. Sign up today !**

FRIDAY, June 3

CELEBRATE YOUR PRACTICE 6:30 PM – 9:00 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, June 4

OPEN YOUR HEART 9:30 AM – 12:00 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.

JOURNEY TO THE CORE 1:30 PM -4:00 PM

Take a physical and mental journey deep into the core of your own being, where you will create a heightened sense of awareness through breath and asanas. Open to the amazing quality of feeling that lives inside as you sweat, breathe and enter into the incredible mystery that is your core.

SUNDAY, June 5

HEAL YOUR BACK 9:30 AM – 12:00 PM

Revitalize and strengthen your back. Stimulate healing by learning how to bring fresh oxygen, blood and nerve energy into your back and torso. Forrest Yoga teaches poses created specifically to heal and strengthen your back. Work, sweat and attain freedom from back pain.

INVERSIONS & ARM BALANCES 1:30 PM – 4:00 PM

Inversions and arm balancing poses rejuvenate the mind and body. They increase circulation of blood, oxygen and energy, stimulating the endocrine and immune systems. Arm balancing poses and inversions develop mental and physical strength, balance and flexibility. In this session, learn essential elements of these powerful poses. Learn the skills of balance and then have fun applying them to your life.

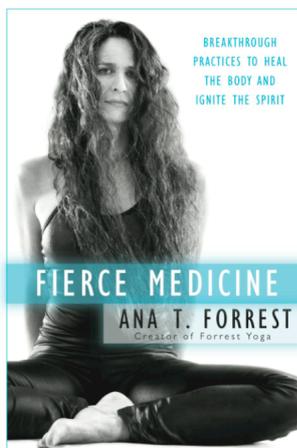
PRICE

- \$80 per Workshop session
- \$75 per Workshop for 3 or 4 sessions
- \$70 per Workshop for all 5 sessions
- 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 June 3 evening workshop and the June 5 afternoon workshop, 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 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.rootyogacenter.com to register.