

WORKSHOPS with Ana Forrest

Singapore



November 11 - 13, 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 Y+ Yoga Center and sign up today for any one or all of the following workshops.

FRIDAY November 11, 2011

GRAVITY SURFING (adv) 6:30PM – 9:30PM

Fascinated by weightlessness? Then ride the waves of gravity! Gravity Surfing teaches you to change your relationship to gravity. No longer is gravity a drag, but a wave to ride! In this session you will learn the fundamentals of lift-off, moving through the air with grace and landing with precision and lightness. Ana will guide you through Forrest Yoga's core strengthening poses. Then you apply them to the advanced technique of 'surfing' from pose to pose. Unfold and explore a whole new world in your yoga. Amazing and fun.

SATURDAY November 12, 2011

UNRAVELING THE MYSTERIES OF NECK, SHOULDER & HIPS (int/adv) 9.00AM – 12.00PM

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.

JOURNEY TO THE CORE 2.30PM – 5.30PM

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 November 13, 2011

CHANGING YOUR RELATIONSHIP TO FEAR 10.00AM – 12.30PM

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. When you treat your fearful parts with attention and compassion, you allow the 'wonderful' back into your life.

STRUGGLE FREE YOGA 2.30PM – 5.00PM

Deepen your practice and ride the power of breath. Join Ana Forrest and learn how to relax your core and safely change fear into excitement. Free yourself from breathlessness, struggle and panic. Deepen your poses by relating in a fresh, intelligent way to your challenging edges. Be prepared to sweat and work in a whole new way.



391A Orchard Road
#18-00 Ngee Ann City
Tower A
Singapore
+65 6733 8863
www.pure-yoga.com

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

Price

Early Bird Price (until 11 October):

USD65 per session
USD300 all sessions

Regular Price:

USD80 per session
USD350 all sessions

All paid amounts are non-refundable.

visit www.pure-yoga.com to register now!

ABOUT ANA T. FORREST



Ana Forrest is an internationally renowned pioneer in yoga and healing. Her own trauma and life experiences have formed the foundation from which Ana created Forrest Yoga - a distinct approach of using yoga to address today's physical and emotional challenges with a highly developed understanding of the human body and psyche. 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 teaching Forrest Yoga, I am doing my part to 'Mend the Hoop of the People,' to inspire people to clear through the stuff that hardens them and sickens their bodies so they can walk freely and lightly in a healing way, in a Beauty Way."

With more than 35 years of experience teaching yoga, Ana Forrest is a living example of a teacher who has freed herself from the strictures of trauma and habits and chosen a warrior's path of truth and compassion. She became a certified yoga instructor at the age of 18, is an ordained practitioner of Native American medicine and has studied Polarity Therapy, Acupressure, Homeopathy, Hands-on Healing, Martial Arts, Psychotherapy and Regression Therapy.

Giving her life mission to 'Mend the Hoop of the People' a global reach, Ana continues to teach around the world throughout the year.

Ana's book, [Fierce Medicine](#), (HarperOne) will be published in May, 2011.

