

WORKSHOPS with Ana Forrest

First time in Taipei, Taiwan!



November 15 - 16, 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 Pure Yoga and sign up today for any one or all of the following workshops.

TUESDAY November 15, 2011

JOURNEY TO THE CORE

6.30PM – 9.30PM

Forrest Yoga takes you on a physical and mental journey deep into the core of your own being. You will create a heightened sense of awareness through breath and asanas, and open to the amazing quality of feeling that lives inside of you. Use Forrest Yoga to connect to your core, shed what is no longer useful, keep what is of value and ‘with a breath of kindness blow the rest away.’ Challenge and move your core energy into those areas where it has yet to be. Come sweat, breathe deeply and enter the incredible mystery of your core. You will feel cleansed, refreshed and alive.

WEDNESDAY November 16, 2011

CELEBRATE YOUR PRACTICE

6.30PM – 9.30PM

In this Forrest Yoga session you learn to create freedom and strength in hip, neck and shoulders. You will 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. This work helps you walk through your life with grace and freedom.



Urban One, No.1,
Qingcheng St.,
Taipei (Muzha Line
Nanjing E. Rd)
T +886 2 8161 7868
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 15 October):

USD65 per session
USD300 all sessions

Regular Price:

USD80 per session
USD375 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.

