

# WORKSHOPS with Ana Forrest

## Hong Kong



November 18 - 20, 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 18, 2011**

**FORREST YOGA INTENSIVE**  
6:30PM – 9:00PM

Forrest Yoga Intensives with Ana Forrest are vigorous and demanding. They will take you on a physical and mental journal deep into the core of your being. Create a heightened sense of awareness through breath and asanas. Learn how to stay mindful and present for your whole practice. Through a rigorous sequencing of yoga asanas every muscle and cell in your body will be challenged, awakened, and stimulated. Ana's intensives will open you up to the amazing quality of feeling that lives inside of you. Experience real freedom in your body and learn about yourself in the process. Come, breathe deeply, and enter the incredible mystery of your Spirit. You will leave feeling cleansed, refreshed and alive.

**SATURDAY November 19, 2011**

**THERAPEUTIC BENEFITS OF BACKBENDS**  
10.00AM – 12.30PM

Experience the therapeutic benefits of a Forrest Yoga backbend class. Create profound and freeing changes through intelligent hand-on adjustments. Feel the sequencing of a safe class - including how to warm up and warm down for backbends to stay injury free.

**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 20, 2011**

**TAME THE PAIN**  
10.00AM – 12.30PM

With Forrest Yoga you explore what works to alleviate your pain, break the injury cycle and facilitate healing. You will use specifically directed breath and asana to take the fear out of using injured muscles. Pain is a desperate call for help. Learn to pay attention to this cry of pain, explore what helps the area in pain. Relax your attitude enough to experiment with what works in order to build a repertoire of healing, strengthening poses. You learn to practice your yoga with a quality of attention and care that teaches you to befriend those areas that hold pain, instead of isolating them. Learning how to free yourself from pain is an incredible empowering gift to give yourself.

**INVERSIONS & ARM BALANCES**  
2.30PM – 5.30PM

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



visit [www.pure-yoga.com](http://www.pure-yoga.com)  
to register now!

### 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.

## ABOUT ANA 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.

