

WORKSHOP

with Ana Forrest

June 25, 2011

FIRST TIME EVER IN LA JOLLA!



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 La Jolla Yoga Center in La Jolla, California. Sign up today !

SATURDAY, June 25

EMBODYING SPIRIT

1:30PM – 4:00PM

Does your practice brighten or dim your Spirit? Make the choice to brighten up and fascinate in process! Forrest Yoga teaches you to focus your intent on connecting to and Embodying your Spirit. How? By choosing, in the moment, to breathe in a way that brightens you; to do your poses in a way that invites your Spirit to permeate into all of your body. This welcomes your Spirit home.

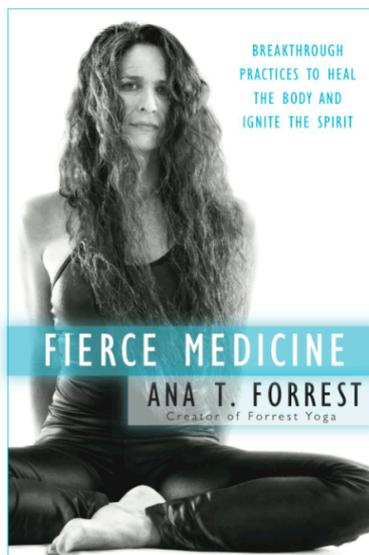
PRICE - EARLY BIRD THROUGH June 11, 2011

- \$60 Early Bird/\$70 after June 11
- 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 Forrest Yoga Workshop, La Jolla Yoga Center will host a special event for Ana, in celebration of her newly released book, **Fierce Medicine: Breakthrough Practices to Heal the Body and Ignite the Spirit** (HarperOne). Ana will read from her book, take your questions and more! This special event is free and open to the public.



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.lajollayogacenter.com to register for the Forrest Yoga Workshop with Ana Forrest