

yogakula™

Fierce Medicine

with Sara Gottfried, MD
and Michelle Cordero, MFA, E-RYT 500

Sunday, September 11
1:30pm - 4:30pm

Sara Gottfried, MD

I believe in evidence-based ancient wisdom. I believe in eating your leafy greens rather than popping synthetic pills. I believe in Ayurveda and integrative medicine. I believe in using yoga to cultivate your most vibrant vitality (and teach a workshop on it). I believe you deserve to feel sexy, ripe and delicious.

I believe the health issues unique to women have been shamed and minimized and mocked and caricatured far too long. There's no reason for women to be ashamed about menstruating or menopause or to be embarrassed about being women. I believe that needs to change. I believe in changing it. I believe in women. I believe in tending your flame. I believe that proactively managing and optimizing your health is your divine responsibility and path to personal power. I believe there's probably a reason you've lost your mojo and that reason is probably hormonal. And I believe you can – and should – do something about it. I believe in you.

Author of the forthcoming book, *The Hormone Cure* (Scribner/Simon & Schuster)

Join the conversation with Dr. Sara Gottfried, MD, board-certified physician, writer and yoga teacher at www.saragottfriedmd.com



Michelle Cordero, MFA, E-RYT 500,

brings many years of yoga, bodywork and fitness experience to her yoga teaching. She is a graduate of three yoga teacher training programs and is a certified Forrest Yoga teacher. Deeply committed to high quality instruction and to evolving her practice, Michelle continues to study with some of the most accomplished yoga masters in the country including: Ana Forrest, Shiva Rea, and Sarah Powers. A dedicated mover, Michelle also studies pole dancing, aerial rope and tissue. For more information on Michelle, visit www.michellecordero.com

YogaKula Berkeley

1700 Shattuck Ave. 2nd Fl.,
Berkeley, CA

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Fierce Medicine @ YKBK

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Are you ready to create dramatic and lasting change in your life? Can you imagine looking at yourself and truly seeing everything: the light, the dark, the beauty with the ugly patches that keep you small? Change isn't easy. Sometimes it hurts. The healing path as described by Ana Forrest in her new book, *Fierce Medicine: Breakthrough Practices to Heal the Body and Ignite the Spirit*, has a multitude of layers, practices and methods for loosening the crust of habitual patterns in order to awaken fully, to fully inhabit your True Self. You start with simple yet profound physical actions accessible to all: deep breathing to relax the nervous system and tap into your wiser self; relaxed neck so that the literal "bridge" between mind and body is wide open; active hands and feet to keep you grounded and present in feeling.

- Learn to befriend your body. Confront fear. Get strong and vital. Embody core like never before.
- Learn to communicate with your body so you can alleviate your own pain.
- Move and breathe more fully.
- Get real. Send the world a clear message about what you want, deserve, and have to offer.
- Get righteously authentic, make presence your practice.
- Once you know and respect who you are, you can more clearly broadcast your own genius.
- Radiate self-knowledge and rigorous well being. Use asana, kriya and pranayama to expand, rather than constrict, to accommodate challenges.

Our workshop will begin with a Forrest Yoga sequence to explore the mysteries of the hips, neck and shoulders. Our tight spots can be our best teachers, if we are willing to take the time to listen. Learn to safely unlock your habitual holding patterns, strengthen and lengthen the muscles in these areas to create more space, stability and freedom. When we create space in the body, we create space for our spirit. We can then walk the path of our spirit with much more grace and ease. The physical yoga practice will be followed by some Truth speaking from Michelle and Sara about their own healing journeys, and work helping others on the path.

"Like fear, pain is a red flag that means 'proceed with caution' – pay attention, get interested – but it doesn't mean 'go numb and stupid.' It can be like a dark prison cell: you can put your head down and try to blast through the wall (the athlete's approach), you can back away from the wall and stay imprisoned (as many do), or you can reach out and really explore the wall until you find the door, open it an step free. That's the path of Forrest Yoga."

– Ana Forrest

This is Fierce Medicine. You need it. Get yourself lasting transformation and robust health today. Michelle and Sara have a combined 18 years of practicing Forrest Yoga. Join us for this mini-retreat as a kick start to creating vital change in your life and well being in your body.

"Our bodies tell our stories, and they always tell the truth when we listen. I want to help you hear your body's story and then teach it to speak its truth."

– Ana Forrest

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Register online at
www.YogaKula.com

Cost:

- \$40 one week in advance
- \$60 at the door