



ANA FORREST

FIRST TIME IN SOUTH AFRICA



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 GoYoga, Oxford Road level, Thrupps Illovo Shopping Centre, 204 Oxford Road, Illovo.

WORKSHOPS 26 - 28, AUGUST, 2011

FRIDAY 26 AUGUST

CELEBRATE YOUR PRACTICE 6:30 PM – 9:00 PM

Rekindle the fires of passion and pleasure with Forrest Yoga. Reconnect to your energy and delight in your strength. Bring healing and inspiration into your personal practice. Learn to make your practice exhilarating and delicious.

SATURDAY 27 AUGUST

STRUGGLE FREE YOGA 9:30 AM – 12:00 PM

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.

JOURNEY TO THE CORE 2:00 PM -4:30 PM

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, 28 AUGUST

HEAL YOUR BACK 9:30 AM – 12:00 PM

Revitalize and strengthen your back. Stimulate healing by learning how to bring fresh oxygen, blood and nerve energy into your back and torso. Forrest Yoga teaches poses created specifically to heal and strengthen your back. Work, sweat and attain freedom from back pain.

INVERSIONS & ARM BALANCES 2:00 PM – 4:30 PM

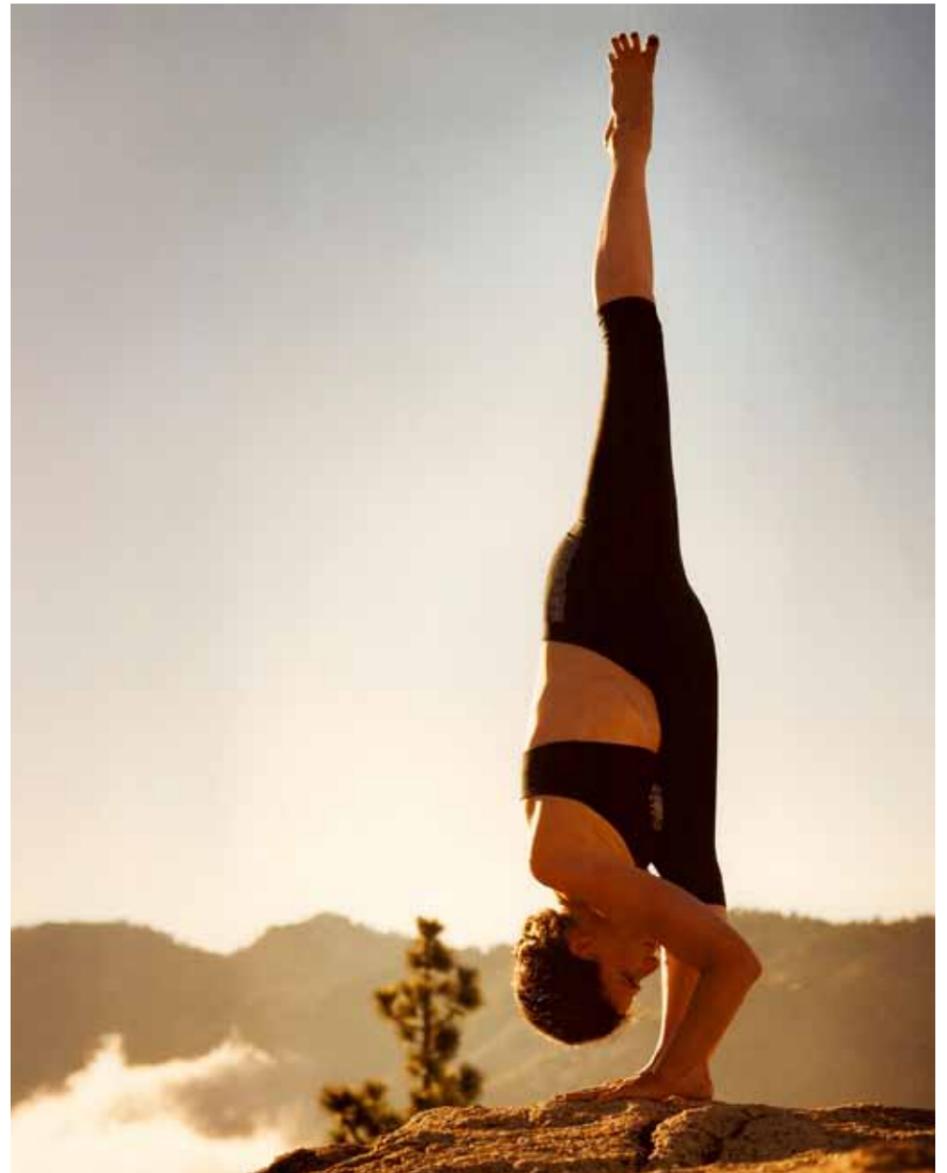
Inversions and arm balancing poses rejuvenate the mind and body. They increase circulation of blood, oxygen and energy, stimulating the endocrine and immune systems. Arm balancing poses and inversions develop mental and physical strength, balance and flexibility. In this session, learn essential elements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

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

- R450 per Workshop session
- R427 per session for 2- 3 sessions
- R405 per session for 4-5 sessions
- All paid amounts are non-refundable



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 2011.