

# WORKSHOPS with Ana Forrest November 1 - 2, 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. Sign up today !**

**TUESDAY, November 1  
AT PURE WEST  
204 W. 77<sup>th</sup> STREET  
@ Amsterdam Avenue**

**WEDNESDAY, November 2  
AT PURE EAST  
203 E. 86<sup>th</sup> STREET  
@ 3<sup>rd</sup> Avenue**

## **BACKBENDS: FREE YOUR SPINE 6:00 - 8:30 PM**

Learn to do backbends with a quality of attention that frees energy and strengthens your mindfulness. Learn how to warm up and warm down for backbends to stay injury free. Create a whole new dimension of delicious depths to explore in your yoga practice. Exciting and profound.

## **INVERSIONS AND ARM BALANCES 6:00 - 8:30 PM**

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.

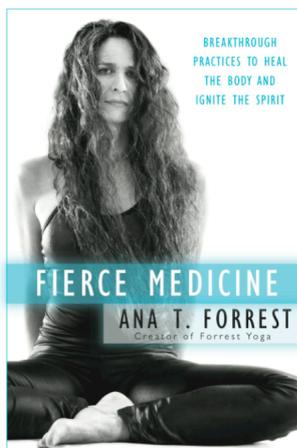
## **PRICES**

- Members: \$70 for 1 workshop/ \$125 for both workshops
- Non-members: \$80 for 1 workshop/\$150 for both workshops
- 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 each workshop session, Ana will read from her new book, *Fierce Medicine*, and take your questions. Pure Yoga will have Ana's book for sale and Ana will personally sign your book that evening. Join us for this special event as Pure Yoga celebrates the national release of **Fierce Medicine** with Ana Forrest!



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.pureyoga.com](http://www.pureyoga.com) to register.