



Ana Forrest Workshops First time in South Africa!

At Yoga Zone, Cape Town,
2, 3 and 4 September 2011

Ana Forrest is an internationally renowned pioneer in yoga and healing. Her own 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. With more than 35 years of experience teaching yoga she challenges her students to access their whole being and to use Yoga as a path to finding and clearing emotional, mental and physical 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 to make practical life decisions based on their own experiences.

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 (Vinyasa) to sweat out toxins, help you flush, oxygenate and rejuvenate every cell and energize body and mind. These Yoga Workshops are offered to practitioners of all levels. The programme offers 5 workshops, each with a distinct theme that develops and promotes your yoga practice. Given this special opportunity it is recommended one attend many, if not all, sessions.

FRIDAY, 2 September

CELEBRATE YOUR PRACTICE (6:30pm – 9:00pm)

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, 3 September

OPEN YOUR HEART (9:30am – 12:00am)

Learn the magic of heart-opening asanas. Open your core, which gives your heart support and counsel of your other primary chakras. This helps your heart and spirit be more resilient, flexible and adept at surfing emotional waves. Learn to remove obstructive shielding from your heart so it can truly and honestly feel each new experience afresh.

JOURNEY TO THE CORE (2:00pm -4:30pm)

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, 4 September

STRUGGLE FREE YOGA (9:30pm – 12:00pm)

Deepen your practice and ride the power of breath. 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.

INVERSIONS & ARM BALANCES (2:00pm – 4:30pm)

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.

Bookings essential as spaces are limited:

50% deposit required to secure booking. Paid workshop amounts are non-refundable.

Payment (cash or credit card) can be made at our reception or via EFT (banking details below)

Queries and confirmation: studio@yogazone.co.za

Workshop fees:

- R450 for single session
- R427 per session for 2-3 sessions
- R405 per session for 4-5 sessions