

MASTER CLASS AND BOOK SIGNING

with Ana Forrest

September 16, 2011



FORREST YOGA

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 Raffa Yoga in Cranston. Sign up today !

FRIDAY September 16, 2011

HEAL YOUR BACK

6:30PM – 9:00PM

Tired of back pain? In this session, Ana will teach you how to use pranayama and asana to heal back pain. Learn how to bring fresh oxygen, blood, and nerve energy into your painful areas, while you release toxins and tensions that may have accumulated. You will also learn how to access and relax hardened muscles that have been used to stabilize any injury. With Ana's guidance you can learn how to use Forrest Yoga to strengthen the muscles of the back and its supporting areas, including the abdomen and legs. Work, sweat and attain freedom from back pain.

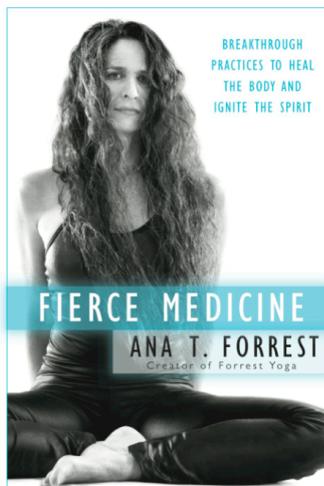
PRICE

- \$65
- 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 Master Class on September 16, Ana will read from her recently released book, **Fierce Medicine** and take your questions. Raffa Yoga will have Ana's book for sale and Ana will personally sign your book that evening. Join us for this special event as Raffa Yoga celebrates the national release of **Fierce Medicine** with Ana Forrest!



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.forrestyoga.com



raffa yoga

Visit www.raffayoga.com to register today!