

# MASTER CLASS AND BOOK SIGNING

with Ana Forrest  
September 25, 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 Back Bay Yoga. Sign up today!**

**Sunday September 25, 2011**

**DEVELOP AND DEEPEN YOUR RELATIONSHIP WITH YOUR SPIRIT**

**10:30AM – 12:30PM**

We often live in a way that entraps our Spirit and confines it to a small space within our body. Learn how to use Forrest Yoga (with breath and asanas) to create a safe space for your Spirit to live more freely and fully in your body. Strengthen your relationship with your Spirit and walk through life as your Spirit dictates.

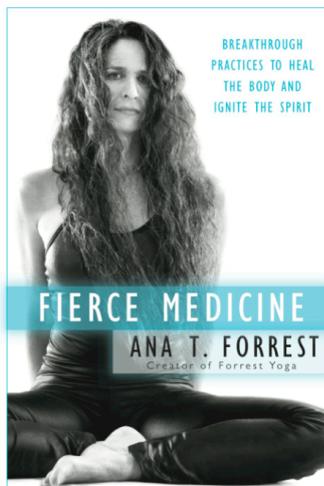
#### PRICE

- \$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 25, Ana will read from her recently released book, **Fierce Medicine** and take your questions. Back Bay Yoga will have Ana's book for sale and Ana will personally sign your book that day. Join us for this special event as Back Bay 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](http://www.forrestyoga.com)



**Visit [www.backbayyoga.com](http://www.backbayyoga.com) to register today!**