

# FOUNDATION TEACHER TRAINING

## with Ana Forrest



September 30 – October 26, 2011

*Class size limited – register now*

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The Forrest Yoga Foundation Teacher Training (FYFTT) is a comprehensive program for aspiring instructors, experienced instructors or yoga students who want to work deeper within themselves. The FYFTT delivers a solid foundation in the art of teaching Forrest Yoga and is the first step in becoming a fully certified Forrest Yoga teacher.

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### CURRICULUM THEMES

**Yoga as a healing path** Ana is a pioneer in the practice of using yoga to transform physical and emotional pain into a journey toward freedom and healing. She will teach you the tools to take control of your life and rid your cells of unwanted pain and trauma, so you may bring the same healing to your students.

**Walking the path of your Spirit** The training's objective is to guide you into a greater understanding of your own challenges, both in your yoga practice and in your everyday life. This awareness will allow you to teach from truths that are discovered rather than from a dogma. Teaching authentically is more effective and compelling for both you and your students.

**Teaching through discovery** Through a tightly woven circle of teaching modalities including lecture, videotaping, group circles, practice teaching and partner work you will participate in a wide variety of teaching activities where learning is achieved through discovery of experiential knowledge. You will learn principles of alignment, class sequencing, working with injuries and energy, modifying yoga postures to address an individual's needs and teaching private, beginning and intermediate classes. There is opportunity to teach beginning level students, see and diagnose injuries and energy as well as proper use of touch and adjustment to maximize your teaching impact. The training format encourages trainees to discover their own wisdom while offering guidance so that you can effectively convey this wisdom when teaching.

### What makes this training so effective?

- Experiential, focused and rich, with over 35 years of Ana's experience
  - Employs a variety of teaching tools and group processes
  - Provides you the time to practice teach with supervision and feedback from Ana
  - Includes philosophical inquiries into ethics, teaching integrity, boundaries
  - Offers an opportunity to learn to speak your truth and listen open-heartedly
  - Includes the 300-page Forrest Yoga Teacher Training Manual with breadth of valuable material for future reference
  - Includes additional manuals for both the Functional Anatomy Course and the Forrest Yoga Business Course
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### 🔑 GO DEEPER IN YOUR PERSONAL YOGA PRACTICE

*The morning meditation and intensive are for you and your practice*

### 🔑 LEARN HOW TO BE AN EFFECTIVE TEACHER AND HEALER

*The instructional sessions cover proper pose alignment and modification, sequencing, cueing and more*

### 🔑 BEGIN TEACHING OTHERS WITHIN THE FIRST WEEK

*"To learn to teach, you have to teach."*

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**Functional Anatomy with Ellen Heed** October 11 - 13, 2011  
This is a rare opportunity to learn how yoga functions anatomically.

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**Forrest Yoga Business Course** October 25 and 26, 2011  
An interactive course that gives you practical steps for creating a business from your passion.

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YogaOne Flow Factory  
3030 Travis St  
Houston TX 77006  
[www.YogaOneHouston.com](http://www.YogaOneHouston.com)



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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.

## Core Curriculum with Ana Forrest September 30 – October 10 and October 14 – October 24, 2011

### Meditation and Chanting

6:00am – 6:45am

Set the day's intent and create a space for healing and connection to Spirit.

### Daily Forrest Yoga Intensives

7:00am – 9:00am

Create a heightened sense of physical, emotional and spiritual awareness while challenging every muscle and cell in your body. Work with your injuries to experience these classes as part of your own healing practice.

### Training and Instruction

11:30am – 5:00pm (Mon-Fri)  
12:30pm – 6:30pm (Sat-Sun)

Work with the essential elements of teaching: class and pose sequencing, safe and effective hands-on adjustments, effective, concise and powerful communication, the development of your authentic voice

### Price

\$4,000 for training and material. \$1,000 deposit is due on registration. Full payment must be received two weeks prior to the start of the training. All paid amounts are non-refundable.

### Registration Requirements

Visit the host studio website to complete the application form.

### Our Expectations

- We expect willingness, health and strength to complete this training
- 100% attendance
- We expect you to be drug free, including recreational drugs, coffee and tobacco
- If you do not have a daily practice, begin one now

### What to Bring

- Notebook, pen and water
- Two mats OR one mat and one blanket or beach towel to roll up
- Strap (at least 8 foot) and block\*
- Forrest Yoga Cat's Paw\*
- Neti pot and uniodized salt
- Any other props needed to support any injuries or physical concerns
- Forrest Yoga 5-Day Intensives Audio CD/Book (optional)\*

\* Available at [www.forrestyogastore.com](http://www.forrestyogastore.com)