

ADVANCED TEACHER TRAINING with Ana Forrest

featuring Forrest Yoga Guardian Catherine Allen



April 19 – 27, 2012

Taught over nine full days, this course is open to (i) yoga instructors of all yoga traditions who have taught at least three years or (ii) graduates of the Forrest Yoga Foundation Teacher Training. Participants must have a regular personal practice and be ready to move deeper within themselves and assist their students in the discovery of the physical, emotional and spiritual benefits of yoga.

Ana Forrest designed this program to be highly experiential. The training includes chanting, pranayama, intensive yoga practice, working with injuries, addressing the needs and challenges of students, mentoring your own practice and needs, and learning the principles of class sequencing for advanced poses. You will also be taught how to work with students at different levels and abilities and with different body types.

In the FYATT, you will learn to:

- Sequence, practice and teach intermediate and advanced arm balances, backbends, hip openers, abdominals, vinyasas, inversions, advanced twists and bound poses
 - Hone your “seeing” skills to overcome your habitual seeing as a yoga instructor
 - Prioritize how to address the needs and challenges of your students in order to yield the most profound results from your teaching
 - Tighten the circle of understanding between your actions and their effects
 - Risk being more truthful, to speak from the eloquence of your Spirit
 - Explore issues that are frequently encountered when working with intermediate and advanced students
 - Work with special needs and injuries, e.g. sciatica, injuries to the back, neck, shoulder, knee, and hamstring as well as post surgical rehabilitation
 - Accelerate your practice through daily intensive yoga and meditation classes, allowing you to viscerally experience the poses that you will teach later that day
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Program Design*

7:00am	–	7:30am	Meditation and Chanting
7:30am	–	10:00am	Daily Forrest Yoga Intensive
10:00am	–	11:30am	Advanced Asanas
11:30am	–	1:30pm	Break
1:30pm	–	5:15pm	Advanced Training and Instruction

Q&A forums

Q&A forums are regularly scheduled throughout the week. These intimate, safe sessions are designed so that each trainee has the opportunity to tap into Ana’s 35+ years of teaching experience for answers to some of the tough questions, situations and scenarios that a yoga teacher faces today. Ana facilitates these forums so they take the group on whatever path the participants’ impassioned questions lead



YogaOne Flow Factory
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To register, go to
www.YogaOneHouston.com
and complete your
application

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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) was published in May, 2011.

Price

\$2,000 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 www.YogaOneHouston.com to complete the application form.

Our Expectations

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

- A list of poses that raise issues for you to teach
- A list of problems your students have
- Notebook and pen
- Water
- Two mats OR one mat and one blanket or beach towel to roll up
- Strap (at least 8 foot)*
- Block*
- Forrest Yoga 5-Day Intensives Audio CD/Book*
- Forrest Yoga Cat's Paw*
- Netti pot and uniodized salt
- Any other props needed to support any injuries or physical concerns

* Available at www.forrestyogastore.com