

WORKSHOPS with Ana Forrest

First time in Shanghai, China!



November 25 - 27, 2011

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 Y+ Yoga Center and sign up today for any one or all of the following workshops.

FRIDAY November 25, 2011

INTRODUCTION TO FORREST YOGA
7.00PM – 9:00PM

This workshop is an introduction to Forrest Yoga, a unique style of yoga created by Ana Forrest and developed to evolve into a powerful, transformational system. Whether you are a beginning practitioner, intermediate or advanced, this workshop will offer every practitioner an opportunity to grow with Forrest Yoga. You will learn about the five pillars of Forrest Yoga (Breath, Strength, Integrity, Spirit and Go Deeper) as well as the techniques that make Forrest Yoga uniquely different from other practices.

SATURDAY November 26, 2011

CELEBRATE YOUR PRACTICE
10.00AM – 12.30PM

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.

OPEN YOUR HEART
2.30PM – 5.00PM

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.

SUNDAY November 27, 2011

JOURNEY TO THE CORE
10.00AM – 12.30PM

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.

HEAL YOUR BACK
2.30PM – 5.00PM

Revitalize and strengthen your back. Stimulate healing by learning how to bring fresh oxygen, blood and nerve energy into your back and torso. Forrest Yoga teaches poses created specifically to heal and strengthen your back. Work, sweat and attain freedom from back pain.



Y+ Yoga Center
2/F, 202 Hubin Lu,
湖滨路202号2楼
Shanghai, PRC
+86 21 6340-6161
www.yplus.com.cn

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

Price

Early Bird Price (until 18 October):

RMB 2,800 (members)
RMB 3,100 (non-members)

Regular Price:

RMB 3,100 (members)
RMB 3,400 (non-members)

All paid amounts are non-refundable.

visit www.yplus.com.cn to register now!

ABOUT ANA T. FORREST



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 May, 2011.

