



EAST SIDE YOGA STUDIO

FORREST YOGA WITH CHARLES PENTLAND HEALING INJURY THROUGH YOGA



Real healing takes focus. As a yogi you must learn to take responsibility for what heals you and makes your spirit brighter. Taking action that dulls us, like using drugs or alcohol or spacing out in yoga disconnects us from emotion and feeling what hurts and what heals. By distinguishing what is habitual and unconscious we can apply this to our yoga practice and improve how we live.

This workshop will explore these principles through a deep and connected all-levels practice focusing on healing through adapting postures to individuals. Embody your most intelligent Self during your yoga practice and Ignite Your Spirit.



Forrest Yoga weaves in healing throughout sequencing. We educate our students in how to modify poses and respect the body's organic rate of release, while guiding students through exciting new postures.

www.forrestyoga.com

SUNDAY NOVEMBER 20TH, 2:30-4:30 PM

\$25

EAST SIDE YOGA STUDIO

1707 GRANT ST (AT COMMERCIAL DRIVE)

WWW.EASTSIDEYOGASTUDIO.COM