

CELEBRATE 5 YEARS OF bYOGA

with Intensives & Workshops with Ana Forrest

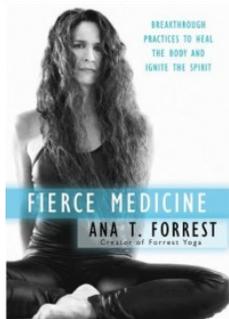


Vienna, Austria

May 29-30, 2012

The Forrest Yoga Intensives and 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 bYOGA and sign up today for any one or all of the following sessions.



SPECIAL LUNCH AND BOOK EVENT: 30 MAY 2012

Exciting News!! On **Wednesday 30 May 2012** bYOGA will celebrate its 5th anniversary with a special lunch for all! Between 12:30 to 14:30, Ana will read from her recently released book, *Fierce Medicine* and take your questions. bYOGA will have Ana's book for sale and Ana will personally sign your book that day. Join us for this special event as bYOGA celebrates its anniversary and the 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

MORNING INTENSIVES

REVITALIZE YOUR HEALTH & WELL BEING 29 May 2012 7:00 – 9:00

The sedentary and frenetic pace of modern living contributes to our stress levels and causes our bodies to be stiff, often overweight and generally unhealthy. In this session, experience how yoga can cleanse, purify and refresh. Wash away tension and clear internal blockages. Begin incorporating greater fitness, flexibility and joy into your life.

FREE YOUR SPINE 30 May 2012 7:00 – 9:00

Learn to do backbends with a quality of attention that frees energy and strengthens your mindfulness. Learn how to warm up and warm down for backbends to stay injury free. Create a whole new dimension of delicious depths to explore in your yoga practice. Exciting and profound.

WORKSHOPS

DEVELOP AND DEEPEN YOUR RELATIONSHIP WITH SPIRIT 29 May 2012 18:30 – 21:30

Create a spacious home in your body where your Spirit can roam freely. Forrest Yoga teaches how to cultivate and strengthen your relationship with your Spirit through intense breath, focus and asana. Invigorating and challenging.

CELEBRATE YOUR PRACTICE 30 May 2012 18:30 – 21:30

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.



bYOGA

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PRICING

INTENSIVES: EUR50 per session; EUR90 for both
WORKSHOPS: EUR70 per session; EUR130 for both
INTENSIVES AND WORKSHOP: EUR115 per day; EUR220 both days

CELEBRATE 5 YEARS OF bYOGA with Intensives & Workshops with Ana Forrest



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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.