

# WORKSHOPS with Ana Forrest

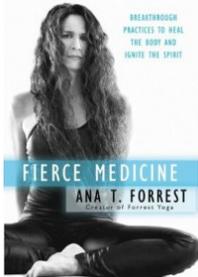
First time in Ottawa!



## October 12 - 14, 2012

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 PranaShanti Yoga Centre and sign up today for any one or all of the following workshops.



Exciting News!! On **FRIDAY October 12, 2012, 9:00PM to 10:00PM**, Ana will read from her recently released book, *Fierce Medicine* and take your questions. PranaShanti Yoga Centre will have Ana's book for sale and Ana will personally sign your book that day. Join us for this special event as PranaShanti Yoga Centre celebrates the national 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](http://www.forrestyoga.com)

### FRIDAY

October 12, 2012

#### **BASICS OF FORREST YOGA** 6:15PM – 8:45PM

Learn how to do poses in a way that work best for you personally. You will discover how to use Forrest Yoga for basic fitness and how to stay healthy in injury prone areas such as the back, neck, shoulders, knees and wrists. You will begin to learn how to listen to, feel, and establish communication with your own innate wisdom and how to recognize your daily accomplishments. Through Forrest Yoga, you learn to practice with an integrity and intelligence that enriches the quality of your life.

### SATURDAY

October 13, 2012

#### **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

October 14, 2012

#### **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

Plagued with back pain? 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.



#### **PranaShanti Yoga Centre**

52 Armstrong Street, Ottawa, Ontario  
Canada K1Y 2V7

Tel: +1 613 761 9462

Email: [info@pranashanti.com](mailto:info@pranashanti.com)

[www.pranashanti.com](http://www.pranashanti.com)

#### **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

#### **Early Bird Price**

CAD80 per session  
CAD128 for 2 sessions  
CAD350 all sessions

#### **Early Bird Price**

CAD90 per session  
CAD145 for 2 sessions  
CAD395 all sessions

All paid amounts are non-refundable.

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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.