

WORKSHOPS with Ana Forrest

Berlin, Germany

May 25 – 27, 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 Spirit Yoga and sign up today for any one or all of the following workshops.

FRIDAY

May 25, 2012

FORREST YOGA INTENSIVE (INT/ADV) 7:00PM – 9:30PM

Vigorous and deep. Marvel in the quality of feeling achieved through Forrest Yoga's rigorous sequence of yoga asanas (intermediate & advanced). Every cell in your body is energized. Learn to stay mindful and present throughout your practice. You will leave feeling cleansed, refreshed, and alive.

SATURDAY

May 26, 2012

THERAPEUTIC BENEFITS OF BACKBENDS 10:00AM – 12:30PM

Experience the therapeutic benefits of a Forrest Yoga backbend class. Create profound and freeing changes through intelligent hand-on adjustments. Feel the sequencing of a safe class - including how to warm up and warm down for backbends to stay injury free.

JOURNEY TO THE CORE 2:30PM – 5:30PM

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.

SUNDAY

May 27, 2012

TAME THE PAIN 10:00AM – 12:30PM

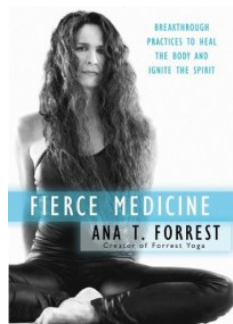
Many of us are plagued by chronic pain and injuries. Explore what works to alleviate your pain, break the injury cycle and facilitate healing. Learn how to give fresh blood, oxygen and nerve energy to the painful area to unclog toxins, tension and alleviate your pain. Pain is a desperate call for help. Relax your attitude enough to experiment with what works in order to build a repertoire of healing, strengthening poses. Practice your yoga with a quality of attention and care that teaches you to befriend those areas that hold pain, instead of isolating them. Learning how to free yourself from pain is an incredible empowering gift to give yourself.

INVERSIONS & ARM BALANCES (ADV) 2:30PM – 5:30PM

Fear does not have to be something that paralyzes you. In this session you will use breath and asana to access, comfort and support the parts of your body that are constricted by fear. This new approach to our fearful places brings about change immediately. When you treat your fearful parts with attention and compassion, you allow the "wonderful" back into your life.

BOOK READING AND SIGNING EVENT 5:45PM – 6:45PM

Exciting News!! Ana will read from her book, Fierce Medicine and take your questions. Spirit Yoga will have Ana's book for sale and Ana will personally sign your book that day. Join us for this special event! 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



REGISTER TODAY!! CONTACT THE HOST TO SIGN UP FOR ALL WORKSHOPS



Goethe St. 2-3, 10623 Berlin
www.spirityoga.de

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 per workshop:

EUR65 if you take 1 session
EUR63 if you take 2 sessions
EUR61 if you take 3 sessions
EUR57 if you take 4 sessions
EUR56 if you take 5 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 and will be published in the German language in 2012.