

y o g a k u l a <sup>TM</sup>

*Sustainable Wellness Series*

# FIERCE MEDICINE: Medicine Woman Meets Medicine Woman with Dr. Sara Gottfried, MD and Ana Forrest

Also a  
Live Stream  
Event

A Live and Livestream Event with Ana Forrest and Dr. Sara Gottfried. Panel Discussion on "Choosing to be Enough" with Asana and Breathwork

Dr. Sara Gottfried, M.D. is a Harvard-trained gynecologist and author of the upcoming book *The Hormone Cure* (Scribner), whose integrative, holistic approach has helped over 20,000 women achieve hormonal balance and optimal vitality. Ana Forrest, Creatrix of Forrest Yoga and an internationally-recognized pioneer in emotional healing, is a regular contributor to *Yoga Journal Magazine* and author of *Fierce Medicine: Breakthrough Practices to Heal the Body and Ignite the Spirit* (HarperOne).

Together, these two powerful women form a dialog that bridges the chasm between ancient techniques and modern medicine, creating a truly unique methodology for restoring life force energy and recovering from wounds that have long claimed our emotional, mental and physical health. Listen, interact, breathe and move, as Ana and Dr. Sara merge the clinical and the spiritual and share their personal secrets in a collaboration that is reshaping the medical community and the lives of countless women across the world.

#### This discussion will explore:

- Our tendencies to overprovide, overproduce, over-accommodate
- Symptoms of burnout: One out of four women rely on mood-altering drugs and countless others medicate with food, alcohol, sex, shopping
- How do we experience "not enough" in our lives?
- Tools and techniques to support yourself and others when in the pattern of "not enough"
- Hunting the origins of "not enough"
- Pacing your lifestyle, tuning into a healing rhythm and achieving a balance of giving and receiving
- Supplementing your diet to bridge physiological effects of overdrawn conditioning
- Learning the pathways of forgiveness and release
- After 'not enough': a new blueprint for achieving without burnout

#### Other topics:

- Sex and sacred anatomy
- The food/mood connection
- Stress, hormones and resetting our physiology



**YogaKula Berkeley, CA and Live Stream  
Sunday, January 13 • 1:30pm - 4:30pm**

Cost: \$75 week in advance • \$85 thereafter

Register online at [www.YogaKula.com](http://www.YogaKula.com)