

THREE RIVERS YOGA

ANA FORREST WORKSHOP

FEBRUARY 12—14, 2010

Workshop Pricing:

Early Bird Before 1/22/2010

Full Workshop—\$265

Per Session—\$55

After 1/22/2010

Full Workshop—\$280

Per Session—\$60

Room heated to 80°

Ana Forrest Bio

Ana Forrest, creator of Forrest Yoga, has a unique and powerful philosophy and approach toward yoga. Ana has spent 30 years developing Forrest Yoga specifically to address Our People's (current day) stresses and challenges, both physical and emotional. Forrest Yoga use intense pose sequences, compassionately taught, to develop skills in awakening each of the senses. It teaches you to bring aliveness, using breath, into every cell of your body, igniting your passion for living. The pillars of Forrest Yoga are Breath, Strength, Integrity and Spirit. Our mission is to create in each of us a sense of freedom, a connection to our spirit and the courage to walk as our spirit dictates; thus, doing our part in "Mending the Hoop of the People". Forrest Yoga will teach you to Go Deeper, find your Truth and encourage you to take these gifts you have earned Beyond the Mat into the rest of your life.



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Pay Online, In Person, or by Mail

Workshop Descriptions

Friday, February 12, 2010 - 6:00PM to 8:30PM

Celebrate Your Practice

Rekindle the fires of passion and pleasure with Forrest Yoga. Learn to reconnect to your energy, while you delight in your strength. Bring healing and inspiration into your personal practice. This Forrest Yoga workshop helps you cultivate and embrace a sense of compassion. You also learn to make your practice exhilarating and delicious



Saturday, February 13, 2010 - 9:30AM to 12:00PM

Open Your Heart

With Forrest Yoga's heart-open asanas, you learn to breathe in a way that opens your core and gives the heart the support and counsel of the rest of the primary charkas. Learn to remove the emotional shielding from your heart so it can truly and honestly feel each new experience afresh. This helps your heart and spirit be more resilient, flexible and adept at surfing emotional waves. Begin building skill in accessing, cleansing and resolving emotional issues and move them out of the cell tissue, thus freeing your heart.

Saturday, February 13, 2010 - 2:00PM to 4:30PM

Journey to the Core

Forrest Yoga takes you on a physical and mental journey deep into the core of your own being. You will create a heightened sense of awareness through breath and asanas, and open to the amazing quality of feeling that lives inside of you. Use Forrest Yoga to connect to your core, shed what is no longer useful, keep what is of value and 'with a breath of kindness blow the rest away.' Challenge and move your core energy into those areas it hasn't been. Come sweat, breathe deeply and enter the incredible mystery of your core. You will feel cleansed, refreshed and alive

Sunday, February 14, 2010- 9:30AM to 12:00PM

Heal Your Back

Tired of back pain? In this workshop, Ana will teach you how to use pranayama and asana to heal back pain. Learn how to bring fresh oxygen, blood, and nerve energy into your painful areas, while you release toxins and tensions that may have accumulated. You will also learn how to access and relax hardened muscles that have been used to stabilize any injury. With Ana's guidance you can learn how to use Forrest Yoga to strengthen the muscles of the back and its supporting areas, including the abdomen and legs. Work, sweat, and attain freedom from back pain.

Sunday, February 14, 2010- 2:00PM to 4:30PM

Arm Balances and Inversions (Intermediate and Advanced)

Inversions and arm balancing poses are challenging and exciting. They rejuvenate the mind and body. They increase circulation of blood, oxygen, and energy, stimulating the endocrine and immune systems. Both arm balancing poses and inversions develop mental and physical strength, balance and flexibility. In the workshop learn the essential elements of these powerful poses. Learn the skills of balance and then have fun applying them into your life.