

Forrest Yoga

Intensives

at Turks Head East

"Forrest Yoga is based in the rich practice of yoga from the east, but applied for the western lifestyle."

- Ana T. Forrest

Forrest Yoga is an inspiring practice that builds flexibility, intelligence, and strength while promoting physical and emotional healing. In these intensives, students of all levels and abilities will learn to deepen their practice, find their truth, and take lessons learned on the mat into every day life.



Ana Forrest, Creator of Forrest Yoga

Taught by: Debra Hess
 ERYT 200hr Forrest Yoga
 Teacher

Cost: \$40.00 Each
 \$100.00 for all 3.

Register by email
 Debbie@TurksHeadYoga.com
 or phone 610-306-4730



Forrest Yoga Pillars

March 17th 12:30 to 3:30 PM

This *Intensive* teaches the pillars of Forrest Yoga:
BREATH Use the power of breath to bring aliveness into every cell of your body and ignite your passion for living. **STRENGTH** Connect to your core, to be strong and centered in intense poses that awaken each of your senses to go deeper. **INTEGRITY** By learning to work honestly at your edge, you develop effective tools to deal with fear and struggle. This makes it possible for integrity, and self-awareness to be in your daily life. **SPIRIT** Forrest Yoga's intent is to create a sense of freedom, and the courage to walk as your Spirit dictates.

Intro To Forrest Yoga

January 28th 12:30 to 3:30 PM

This *Intensive* begins the series of three Intensives designed to give a new student a complete experience of the Forrest Yoga style, its unique principles, sequencing and dynamic offerings for change.

Students can expect to encounter poses with a deeper, more therapeutic connection. The sequence of poses gently warms up the body, fires up the breath building a more intelligent awareness overall. Students are then guided to use this awareness as they enter more complex poses. Students will learn how to modify many poses to make them more effective for their unique body style and conditions.



Forrest Yoga as a Healing Path

February 11th 12:30 to 3:30PM

Ana Forrest is a pioneer in the practice of using yoga to transform physical and emotional pain into a journey toward freedom and healing. This *Intensive* will teach you the tools to take control of your life and rid your cells of unwanted pain and trauma.