



Photo by Nils Vidstrand

Ana Forrest

Ana Forrest is recognized worldwide as a pioneer in yoga and emotional healing. Ana teaches yoga from an intuitive and highly developed understanding of the human body and psyche. She openly shares her wisdom in the yoga room. Every breath and yoga asana combine to create a healing dance between student and teacher. Ana challenges the student to access their whole being. She teaches the student to use Forrest Yoga as a path to find and clear the emotional and mental blocks that dictate and limit their lives. With Ana's meticulous guidance, students cultivate attentiveness and deep care to their own practice and life process, so each class becomes an exhilarating journey.

She is a well-known contributing expert to Yoga Journal and other national wellness publications. She has journeyed to India, Nepal, Costa Rica, Canada, Japan, Mexico, and throughout Europe and the United States and currently teaches internationally at yoga conferences, workshops, and teacher trainings. Ana is on the board of Advisors for the Foundation for Athletic Research & Education (F.A.R.E. play) and is an instructor for continuing education at the University of Bridgeport, College of Chiropractic.

"My intent in teaching Forrest Yoga is to do my part in 'healing 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 on the earth in a healing way, in a Beauty Way." - Ana Forrest

Ana Forrest

Friday, April 16th

6:30 PM to 9:00 PM

Saturday, April 17th

9:00 AM to 11:30 PM

2:00 PM to 4:30 PM

Sunday, April 18th

9:00 AM to Noon

2:00 PM to 4:30 PM

Cost:

Any 1 Class \$60

All 5 Classes \$275 (\$260 before March 15th) (EV-16)

The Basics of Forrest Yoga | (EV-11)

Friday, April 16th – 6:30 PM to 9:00 | Generations Yoga Center

In the course, you will 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.

Journey to the Core | (EV-12)

Saturday, April 17th - 9:00 AM to 11:30 AM | Generations Yoga Center

Take a physical and mental journey deep into the core of your own being, where you'll 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.

Backbends: Free Your Spine | (EV-13)

Saturday, April 17th - 2 PM to 4:30 PM | Generations Yoga Center

Backbends can help strengthen the back by creating space and length in the spine and surrounding muscles. The correct use of breath moves out the stiffness and stagnation in this area. Backbends not only serve to ease tight back muscles and strengthen weak ones, but they also improve circulation and stimulate the release of exhilarating endorphins. With Forrest Yoga, learn to do backbends with a quality of attention that frees energy and strengthens your mindfulness. Learn how to warm up and warm down for backbends to stay injury free, and create a whole new dimension of delicious depths to explore in your yoga practice; exciting and profound.

Unraveling the Mysteries of Neck, Shoulders & Hips | (EV-14)

*Sunday, April 18th 9:30 AM to Noon | Turbodog Spirit Center**

Create freedom and strength in hip, neck, & shoulders. Learn to safely unlock these habitual tension spots through intensely focused breathwork and asana (including inversions, standing poses, and vinyasa). Strengthen and lengthen the muscles around these joints, and create space in these areas. Walk through your life with grace and freedom.

Struggle Free Yoga | (EV-15)

*Sunday, April 18th - 2:00 PM to 4:30 PM | Turbodog Spirit Center**

Deepen your practice and ride the power of breath. Join Ana Forrest and learn how to relax your core and safely change fear into excitement. Free yourself from breathlessness, struggle, and panic. Deepen your poses by relating in a fresh, intelligent way to your challenging edges. Be prepared to sweat and work in a whole new way.

***Note: Those participating in the sessions held at Turbodog Spirit Center will need to bring their own strap, block and two mats.**

You may register for any or all classes at either



turbodog Spirit Center

1231 Green Bay Road, Wilmette IL
www.genyoga.com | 847-919-0533

327 N. Bell or 324 N. Leavitt, Chicago, IL
www.turbodogspiritcenter.com | 773-278-0877