



# FORREST YOGA FOUNDATION TEACHER TRAINING COURSE



- delivers a solid foundation in the art of teaching Forrest Yoga
- prepares you to be a Level I/II Forrest Yoga instructor
- is the first step in becoming a fully certified Forrest Yoga teacher
- is a registered RYS 200 school by Yoga Alliance

The Forrest Yoga Foundation Teacher Training Course is a comprehensive program for aspiring instructors, experience instructors, or yoga students who want to work deeper within themselves.

## GO DEEPER IN YOUR PERSONAL YOGA PRACTICE

The morning meditation and intensive are for you and your practice.

## LEARN HOW TO BE AN EFFECTIVE TEACHER AND HEALER

Instructional sessions about proper pose alignment and modification, pose sequencing, cueing and much, much more.

## BEGIN TEACHING OTHERS WITHIN THE FIRST WEEK.

This is a practical class with real teaching. There are break out groups where you practice teaching each other. Then there are six 2-hour workshops of "Introduction to Forrest Yoga in which you teach, under the observation of Ana. To learn to teach, you have to ... teach.

## COURSE OUTLINE

### 22 days Core Curriculum– Meditation, Morning Intensives (asana), Afternoon Instruction

Instructor: Ana Forrest. Class is limited to 40, so there's personal attention to each trainee's strengths and needs.

#### Daily Schedule:

Morning Meditation	6:00-6:45am
Morning Intensives	7:00-9:00am
Afternoon Instruction:	Mon-Fri 11:30am-5:00pm Sat & Sun 12:30pm-6:30pm

### 3 days (20 hours) – Functional Anatomy for Yoga

Instructor: Ellen Heed. This is a rare opportunity to learn how yoga functions anatomically. Check host studio for time schedule.

### 2 days (8 hrs) – Business Course for Yoga Teachers

Instructor: Lynann Politte. An interactive workshop that gives you practical steps for creating your business from your passion. Check host studio for time schedule.

## PROGRAM DESIGN

### Morning Chanting and Meditation (Ana Forrest)

Each morning prior to the Forrest Yoga Intensive, Ana will lead a ceremony to set the day's intent and create a space for healing and connection to Spirit.

### Daily Yoga Intensives (Ana Forrest)

The Forrest Yoga Intensives with Ana will create a heightened sense of physical, emotional and spiritual awareness while challenging every muscle and cell in your body. Through a carefully constructed and rigorous Forrest Yoga series of asanas, Ana will open you to amazing depths and feelings of awareness. Injuries are addressed so that each trainee experiences these classes as part of his or her own healing practice. The intensives are sure to bring each trainee to new levels within their yoga practice.

### Afternoon Instruction (Ana Forrest)

Trainees begin to practice teaching on the first day - initially in small groups, eventually teaching beginning-level yoga students during the "Intro to Forrest Yoga" workshop. Trainees learn and practice the essential elements of teaching, such as: class sequencing, seeing and understanding physical structure and energy, the use of safe and effective hands-on adjustments, communication by verbal and non-verbal means, effective use of class dialogue and tone of voice as well as the continued development of a more engaging presence and self-awareness in your class. The public is invited to the "Intro to Forrest Yoga", where the trainees team teach, rotating between teaching class, assisting and adjusting under Ana's supervision. These workshops are videotaped for review and feedback.

### Functional Anatomy for Yoga Teachers (Ellen Heed)

This 20 hour anatomy intensive combines anatomical instruction with an emphasis on sharpening each teacher's perceptual skills to better assess the needs of their students in the environment of a yoga class.

*In this class, you will learn to perceive:*

- How our Emotional Blockage expresses itself as posture and postural deviation.
- How our Scar Tissue affects flexibility, even at a distance from an injury.
- How genetics influences our Biomechanics and how to tell when it doesn't.
- How our Biochemistry (for better or for worse) can determine the pleasure of our practice.

### Business Workshop for Yoga Teachers (Lynann Politte)

In this course, teacher trainees will learn how to manifest their yoga dreams and connect their passions with their yoga teaching. It includes how to create your own vision statement, and insight into how you relate (or don't) to money, business, and financial dealings. You will also get practical information on marketing and promotion, accounting basics, insurance and legal considerations, and business planning. Whether you are 'new' to business or want to refresh your business acumen, there is something for you in this workshop. It's about linking your passion to business, because "Passionate business is good business."

## WHAT MAKES THIS TRAINING SO EFFECTIVE?

- Experiential, focused, and a culmination of over 30 years of Ana's experience
- Employs a myriad of teaching tools and group processes
- Provides you with the opportunity to practice teaching students with supervision and feedback from Ana
- Breadth of information includes cueing, pose sequencing, hand-on adjustments, working with injuries, alignment
- Includes philosophical inquiries into ethics, teaching integrity, boundaries
- Provides a safe space to share feelings, struggles, victories and overall experiences with the program
- An occasion to learn to speak your truth and listen open-heartedly
- Includes 300-page Teacher manual that includes material on poses, adjustments, sequencing, injuries, lesson plans, healing, nutrition, pregnancy
- Includes two additional manuals for Anatomy and Business courses



## CURRICULUM THEMES

### Yoga as a Healing Path

Ana is a pioneer in the practice of using yoga to transform physical and emotional pain into a journey toward freedom and healing. Her methods, which include the modification and creation of poses to address an individual's specific needs, have helped thousands of students heal from injuries to muscles, discs and organs. Ana's goal is to teach you the tools necessary to take control of your life and rid your cells of unwanted pain and trauma ushering in true freedom so that you may bring the same healing to your students.

### Walking the Path of Your Spirit

The aim of the training is to guide each trainee into a greater understanding of their own challenges, both in their yoga practice and in their everyday life. This awareness is a vital component when developing the skills necessary to teach from the truths that are discovered rather than from one's dogma. Teaching authentically is much more effective and compelling for both yourself and your students. Trainees will be encouraged and empowered to develop as both individuals and as future teachers.

### Teaching through Discovery

Through a tightly woven circle of teaching modalities including: lecture, videotaping, group circles, practice teaching and partner work you will participate in a wide variety of teaching activities where learning is

achieved through the discovery of experiential knowledge. The course is designed for you to learn the principles of: alignment, class sequencing, working with injuries and energy, modifying yoga postures to address an individual's needs as well as teaching private, beginning and level 2 classes. The curriculum creates opportunities for each trainee to: teach beginning level students, see and diagnose injuries and energy as well as the proper use of touch and adjustments to maximize your impact as a teacher. The format of this course encourages trainees to discover their own wisdom while offering guidance so that one can effectively convey this wisdom when teaching.



## FORREST YOGA MENTORSHIP PROGRAM

A year long journey into teaching excellence. After you graduated from Ana's Foundation course, you are eligible to mentor with one of Ana's Forrest Yoga Hoop Guardians. These senior teachers have been personally trained by Ana to support, guide and continue your training to be a powerful and compelling teacher/healer. Program priced separately. See [www.forrestyoga.com](http://www.forrestyoga.com) for more information.



## FOUNDATION COURSE 2010 USA



**March 2-28, 2010, Shakti Yoga, SEATTLE, WASHINGTON**

[www.shaktivinyasa.com](http://www.shaktivinyasa.com) [info@shaktivinyasa.com](mailto:info@shaktivinyasa.com) (206) 297-YOGA



**JULY 2-28, 2010 Raffa Yoga, CRANSTON, RHODE ISLAND**

[www.raffayoga.com](http://www.raffayoga.com) [raffainfo@verizon.net](mailto:raffainfo@verizon.net) (401) 943-2500



**Sept. 24-Oct. 20, 2010 Generations Yoga, WILMETTE, ILLINOIS**

[www.genyoga.com](http://www.genyoga.com) [info@genyoga.com](mailto:info@genyoga.com) (847) 919-0533



**Cost - \$3,725** inclusive of all training and manuals (Mentorship program not included).  
Special discount of \$800 for Forrest Yoga Foundation graduates who are repeating the course.

[www.forrestyoga.com](http://www.forrestyoga.com)