

Why Forrest Yoga is For You!

By Ana Forrest, creatrix of Forrest Yoga and author of the new book, "Fierce Medicine: Breakthrough Practices to Heal the Body and Ignite the Spirit"

Forrest Yoga is in essence all about the truth of what works. I developed Forrest Yoga as I was working through my own healing and helping solve my students' problems. I created Forrest Yoga to fill in the gaps that the other yoga systems lacked. Part of my inspiration for Forrest Yoga truly, was the lack of assistance I had in my own process from the yoga systems that were already out there. Forrest Yoga provides the support and the tools to delve into life's intricate challenges, and deal with physical, emotional and soul injuries.

Forrest Yoga is absolutely for everyone. Forrest Yoga is not an 'easy' practice, but it's for all ages and abilities and if you're injured, it's the perfect place to come and learn how to work with your injury or trauma and start to heal yourself. A beginner does beginner poses. An injured person is taught to modify the poses to heal the injury. An advanced person learns more advanced poses. We teach what is appropriate to the student.



A basic Forrest Yoga class starts with setting the intent; then breathing exercises that cleanse brain, blood, and steady nervous system, followed by warm up poses including twists, forward bends and abdominals. After the warm up comes the hot part: sun exercises and B series with vignettes, handstands and forearm balances, leading toward the apex poses of the class.

The carefully designed sequences warm you up for the more advanced poses, and then warm you down from them in an intelligent way. The last section of class down-regulates the nervous system in to savasana. We practice in 80-degree heat because sweating is part of the cleansing and healing properties of Forrest Yoga and embodies the sacred Sweat Lodge. Throughout the class, the teacher is cueing and encouraging deep, revitalizing breathing in every pose.

What we are facing now is not the same thing as our ancestors. For example, we have a host of ailments and structural problems that our bodies are manifesting today due to our lifestyle. Because we sit for hours with terrible posture in front of computers and TV and on our furniture, it has a foul effect on our digestion and elimination processes. Every culture that I work with



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has really bad problems with assimilation and constipation. People are constipated everywhere I go. Do you understand that our own shit poisons us? Our people are plagued with painful low backs, necks, wrists, headaches and breathing problems. There is an epidemic of respiratory, immune system issues due to pollution that we all live with. Also epidemic are high stress levels and the diseases that stem from stress.

Some more of the problems our people face are an inability to hold focus. We have hyper-stimulated brain patterns all the time, so our people are getting spacier. People's ability to focus on what they are doing and what they are feeling is really fractured because they are profoundly disconnected

from their body intelligence and breath. This mind/body disconnect means people have lost a crucial skill for moving through life in a wise way. Forrest Yoga is teaching our people how to gather intelligent information based on tracking the feelings in body.

Through Forrest Yoga you get your physical health and strength and also a place in which to call and welcome your Spirit back home. Forrest Yoga teaches how to embody your Spirit. The separation of body and Spirit has created deep anguish for our people. Each Forrest Yoga pose becomes a fascinating arena to explore embodying your Spirit.

October 12, 2012 - October 14, 2012
Workshops with Ana Forrest in Ottawa
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Ana Forrest has been changing people's lives for nearly 40 years. An internationally recognized pioneer in yoga and emotional healing, Ana created Forrest Yoga while working through her own healing from her life's trauma and experience. With thousands of licensed practitioners around the world, Forrest Yoga is renowned as an intensely physical, internally focused practice that emphasizes how to carry a transformative experience off the mat and into daily life.
www.forrestyoga.com

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