



FORREST YOGA

With Ana Forrest & Jose Calarco

March 27-29, 2020 • Garden Club of St. Petersburg



For more than four decades, Ana Forrest has been bringing her particular brand of Fierce Medicine to the Yoga world. An internationally-recognized pioneer in Yoga and emotional healing, Ana created Forrest Yoga while working through healing from her own life's trauma and experience.

Ana weaves Native American Ceremony into her classes and workshops, calling on the forces that helped her heal from an abusive and challenging childhood.

Jose Calarco, her co-director of Forrest Yoga, also comes from a long history with Shamanism and healing – just in a different sphere – that of music and the performing arts.



Jose brings his decades of experience in musical direction to the Forrest Yoga workshops and classes. Forrest Yoga is renowned as a powerfully physical, internally-focused practice that emphasizes how to carry a transformative experience off the mat and into daily life. Ana and Jose are at the forefront of the Yoga world, guiding its future and evolution, making Yoga a complete evolutionary experience.

Each workshop begins with a short, yet very special Ceremony of song, invocation and smoke blessing. Ana and Musical Shaman Jose Calarco set the intent for the practice and honor the ancestors and custodians of our sacred land.

CELEBRATE YOUR PRACTICE

Friday, March 27 (6:00 PM - 8:30 PM)

Rekindle the fires of passion and pleasure with Forrest Yoga. Reconnect to your energy and delight in your strength. Bring healing and inspiration into your personal practice. Exhilarating and Delicious!

BUILDING THE WARRIOR HEART

Saturday, March 28 (10:00 AM - 12:30 PM)

Learn the magic of heart-opening asanas. Open your core, which gives your heart support and counsel of your other primary chakras. This helps your heart and Spirit to be more resilient, flexible and adept at surfing emotional waves. Learn to remove obstructive shielding from your heart so it can truly and honestly feel each new experience afresh.



CEREMONY AND MUSIC HEALING

Saturday, March 28 (2:30 PM - 5:00 PM)

We often live in a way that entraps our Spirit and confines it to a small space within our body. Experience Forrest Yoga meditation exercises, chants, music healing, and a dharma talk to create a safe space for your Spirit to live more freely and fully in your body. You will strengthen your relationship with your Spirit and walk through life as your Spirit dictates. This is a 2.5-hour workshop that includes about 30 minutes of asana.

A great way to get a glimpse of what you can expect during ceremony, please see Anna and Jose's newest video **Love** (available on YouTube) - that features Jose's poem!

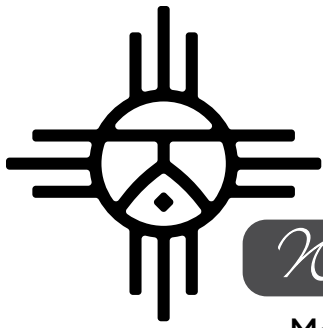
FREE YOUR SPINE

Sunday, March 29 (10:00 AM - 12:30 PM)

Learn to do your practice with a quality of attention that frees your spine, frees energy and strengthens your mindfulness. Learn how to warm up and warm down properly for the apex poses to stay injury free. Create a whole new dimension of delicious depths to explore in your yoga practice. Exciting and profound!

For more information about Forrest Yoga, visit www.forrestyoga.com

REGISTER NOW:
See reverse side or visit
www.floridayogateachers.org



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PAYMENTS & REGISTRATION

Entire Workshop (Regular): \$200

Entire Workshop (Member Rate): \$185

Individual Sessions: \$65 each

FYTA Members may send a \$50 non-refundable deposit to hold your space. Balance due March 15, 2020.

Mail Payments & Registration To:

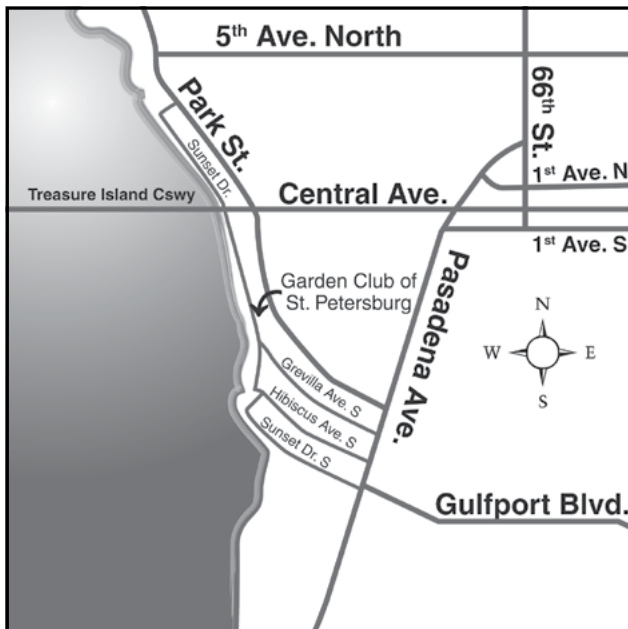
Susan Wasserman
7015 Grevilla Ave. South
South Pasadena, FL 33707

Call Susan at
(727) 302-0909
with any questions

Or, pay online at www.floridayogateachers.org

Garden Club of St. Petersburg

500 Sunset Drive South
St. Petersburg, FL 33707



ACCOMMODATIONS

For out of town guests (and locals who want a nice weekend away), FYTA recommends the lovely, newly renovated **Crystal Bay Hotel**, which is only a few blocks away from the Garden Club. They have offered our workshop participants a special rate for the weekend of the workshop.

View the hotel at www.crystalbayhotel.com. For special FYTA pricing, call Kathy Weed at (727) 914-7676, ext. 2806.

FYTA REGISTRATION FORM FORREST YOGA

With Ana Forrest & Jose Calarco

Name

Street Address

City

State

Zip Code

Phone Number

E-Mail Address

I am signing up for:

Entire Workshop
Regular Rate

Entire Workshop
FYTA Member Rate

Friday Evening
Session

Saturday Morning
Session

Saturday Afternoon
Session

Sunday Morning
Session

Enclosed is a check payable to FYTA in the amount of

\$ _____