

CONTINUING EDUCATION FOR TEACHERS

with Ana Forrest



July 18 – 22, 2012

Focused on intense personal and professional growth, Forrest Yoga Continuing Education for Teachers promotes powerful insights that provide deeper integration with one's true self. The course is designed for instructors who seek to improve both their teaching and personal practice. It is ideal for those who are ready to move deeper within themselves, to increase the mental acuity needed to explore the rich tapestry of Forrest Yoga. The objective of the FYCET is to make you a more skilled, intelligent and authentic teacher. Awareness is a vital component when developing the skills necessary to teach from your own found truths. Through meditation, intense daily yoga practice and group instruction, trainees begin to discover the voice of their own Spirit, which leads to a truly authentic life path.

In FYCET, you will have the opportunity to:

- Study, tailor and improve your own yoga practice
- Learn to work with injuries
- Communicate clearly and specifically
- Gain a greater understanding of the poses and their effect
- Learn about sequencing, aligning poses to work progressively deeper and without injury
- Participate in teaching critiques
- Explore optimal personal nutrition
- Develop personal and professional ethics and boundaries in teaching
- Engage in sadhanas (spiritual exercises)
- Strengthen your authentic voice

"Through this journey you will begin to discover your correct relationship with yourself, others and all forms of life. The teacher training process is the most effective tool that I have developed to 'Mend the Hoop of the People.'"
Ana Forrest

Program Design

Meditation and Chanting

6:00am – 6:45am

Free your mind from its attachment to habitual patterns of thinking and action.

Daily Forrest Yoga Intensives

7:00am – 9:00am

Create a heightened sense of physical, emotional and spiritual awareness while challenging every muscle and cell in your body. Learn about yourself and feel what it is like to have freedom in your own body and mind.

Training & Instruction

12noon – 4:00pm

Work with the essential elements of teaching: class and pose sequencing, safe and effective hands-on adjustments, effective, concise and powerful communication, the development of your authentic voice.



Raffa Yoga
19 Sharpe Drive,
Cranston, RI 02920-6055
401 943 2500
www.raffayoga.com

To register, go to
www.raffayoga.com
and complete your booking

CONTINUING EDUCATION FOR TEACHERS

with Ana Forrest

July 18 – 22, 2012



Ana Forrest is an internationally renowned pioneer in yoga and healing. Her own trauma and life experiences have formed the foundation from which Ana created Forrest Yoga - a distinct approach of using yoga to address today's physical and emotional challenges with a highly developed understanding

of the human body and psyche. She challenges her students to access their whole being and to use Forrest Yoga as a path to finding and then clearing the emotional and mental blocks that dictate and limit their lives. With Ana's meticulous guidance, students cultivate an acute awareness of their own practice and life process, creating a unique and powerful opportunity for the student to make practical life decisions based on their own experiences. "In teaching Forrest Yoga, I am doing my part to 'Mend 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 in a healing way, in a Beauty Way."

With more than 35 years of experience teaching yoga, Ana Forrest is a living example of a teacher who has freed herself from the strictures of trauma and habits and chosen a warrior's path of truth and compassion. She became a certified yoga instructor at the age of 18, is an ordained practitioner of Native American medicine and has studied Polarity Therapy, Acupressure, Homeopathy, Hands-on Healing, Martial Arts, Psychotherapy and Regression Therapy.

Giving her life mission to 'Mend the Hoop of the People' a global reach, Ana continues to teach around the world throughout the year.

Ana's book, [Fierce Medicine](#), (HarperOne) was published in May 2011.

Price

USD850 for training and material.
USD250 for intensives only (5 days).

Full payment must be received two weeks prior to the start of the training. All paid amounts are non-refundable.

Registration Requirements

Complete the Online Application on www.forrestyoga.com > [Teacher Training > Online Application](#) **and** submit your payment with Raffa Yoga.

Our Expectations

- We expect willingness, health and strength to complete this training
- 100% attendance
- We further expect you to be drug free, including recreational drugs, coffee and tobacco
- If you do not have a daily practice, begin one now

What to Bring

- A list of poses that raise issues for you to teach
- A list of problems your students have
- Notebook and pen
- Water
- Two mats OR one mat and one blanket or beach towel to roll up
- Strap (at least 8 foot)*
- Block*
- Forrest Yoga 5-Day Intensives Audio CD/Book*
- Forrest Yoga Cat's Paw*
- Netti pot and uniodized salt
- Any other props needed to support any injuries or physical concerns

* Available at www.forrestyogastore.com