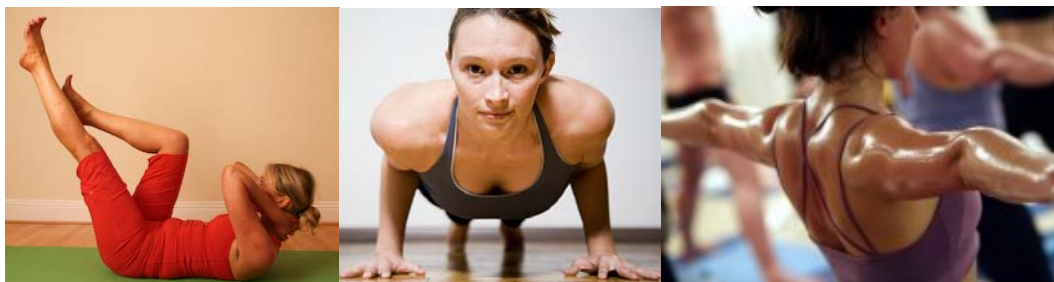




## **Introduction to Forrest Yoga Weekend Workshop** 23rd – 25th July 2010



**Curious about Forrest yoga or the benefit of a daily practice? This 3 day weekend workshop will give you the opportunity to explore both!**

Forrest yoga was created by master yogi Ana Forrest. With intense pose sequencing, taught compassionately, Forrest Yoga encourages students to go deeper in order to create a sense of freedom and connection to spirit. There is a strong focus on breathe to get centered, grounded, and connected to one's core, while being open to all the magic of the moment.

The Classes build on each other from Friday to Sunday and the weekend workshops will help you:

- Gain an understanding of yoga postures and their benefits.
- Receive hands-on assists.
- Learn how a mindful yoga practice gives you more energy, strength, flexibility and awareness.
- Explore a safe way to practice yoga.

Friday, July 23rd, 7–9pm  
Saturday, July 25th 11am-1pm  
Sunday, July 26th 11am-1pm

No experience needed

**Cost: €49 for 3 days**