



## About Ana Forrest

Ana Forrest is an inspiration and has been changing people's lives for over 45 years. She is an internationally-recognized pioneer in yoga and emotional healing. She is the Creatrix of Forrest Yoga, a mystic, visionary, philanthropist, author, and Medicine Woman. Ana crafted Forrest Yoga while working through healing from her own life's traumas - abuse and addictions, the helplessness around the addictions, and the ongoing suffering from chronic injuries & illnesses. The process of healing herself inspired her to teach others about what really works to heal themselves physically, emotionally, mentally, and spiritually. Forrest Yoga is a powerfully physical, internally focused practice that emphasizes how to integrate the transformative experiences from the mat into purposeful daily life. Forrest Yoga is now an exquisite collaboration between Ana and her husband Jose Calarco. He is our Musical Shaman, embodying and bringing alive ancient spiritual technologies, like Aboriginal culture through stories and song. He also teaches on the intelligence of the Vegan lifestyle and is the creative director of Forrest Yoga.

Ana Forrest and Jose Calarco came together in a "Synergistic Collision" of cosmic proportions. Integrating their worlds of Yoga, Music, Culture, Philosophy, Healing and Shamanism, they have transmuted Forrest Yoga into a sanctuary, where students learn to cultivate love and their own renewed sense of hope. Today Ana and Jose are at the forefront of the Yoga world, guiding its future and evolution. Together, Ana and Jose teach people how to use the tools of Forrest Yoga to move out numbness and connect to the rich spectrum of feeling and purpose.

*"Our lovingly crafted yoga ceremonies include sacred music and invocation (led by Jose), smoke blessing, setting a healing intent, pranayama, and intelligent asana sequences. Savasana becomes a Dreamtime journey riding on Jose's musical creations."* -Ana. The students get to develop their intuition and skill for moving energy and clearing out old emotions that are stuck in the the cell tissue. These actions are steps on the road to freedom. In the sanctuary of yoga ceremony, Forrest Yoga students hone their skills to build the life they so deeply desire. Each yoga session is an exhilarating journey into self discovery, cleansing and healing. So exciting! For Ana, this is her intent: "In teaching Forrest Yoga, I'm doing my part in Mending the Hoop of the People - to inspire the students 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".

Ana took her first yoga class at age 14 and became a certified instructor in 1975. Ana used yoga and Native American ceremony to save her own life. It is her intent to pass that lifesaving ability forward. Her study and clinical application of healing modalities is vast, and includes homeopathy, naturopathy, anatomy, reflexology, acupressure, craniosacral treatments, regression therapy, reiki, polarity and hands on healing. All these inform her work and lead to her becoming a wise, intuitive teacher & healer. In her life-long love for evolving, Ana has journeyed into Indigenous Sacred ceremonies, like Sweat Lodge, Pipe Ceremony, Vision Quest, and Sundance, and has been informally adopted as a sister by Native American leader Debbie Finley Justus into her tribes. Ana has now taught and toured in over 33 countries. Ana is at heart a woman of the wilderness. She has spent many years in the mountains and forests learn-



ing from the animals, trees, rocks, water, and the seasons. Prior to becoming a yoga teacher, Ana spent her early years training horses, dogs, cats, birds, and the occasional snake. It was a natural progression to move to teaching humans.

Since 2014, Ana has been learning from her husband Jose the ancient spiritual technology of healing by "Singing into the Bones". She sings with Jose in their newly published songs.

*"I'm happy and proud of this unfolding love through our music". -Ana Forrest*

Also in 2014, Ana became Vegan for 3 compelling reasons.

- Ecology: *"with every meal I contribute to re- balancing the environment."*
- Compassion and love for animals: *"I no longer have to kill to live. I refuse to support the meat and dairy industry which tortures and murders animals."*
- Building her personal health and luminosity: *"as a Vegan, my suffering and the animal's suffering (that I ingested) is slowly purging from my cell tissue. This leaves more room for the brilliance of my Spirit".*

Ana is a minister at Earth and Sky, an organization dedicated to teaching Native American ceremony, principles & art. Ana is a Certified Regression Therapist, and a graduate of Anthony Robbins Mastery University. She is a Faculty Member at The University of Bridgeport College of Chiropractic and sits on the Board of F.A.R.E. Play (Foundation for Athletic Research and Education). Ana is also a regular contributor to the Huffington Post, Elephant Journal, Origin Magazine, Mantra Yoga and Health Magazine, and Yoga Journal Magazine.

*"I'm proud & honored to work with the US military."* Ana has worked with fighter pilots, ground crew, soldiers, and the Explosive Ordinance Disposal ("bomb squad"), at the US base in Lakenheath, England. In the US, she has taught war veterans in VA hospitals in Florida and Washington DC. She has received a medal of gratitude for her work with the wounded warriors of the Warrior Transition Battalion, and a medal of excellence for her work with veterans in Fort Carson, Colorado. Ana is a consultant to the United States Air Force 48th Fighter Wing, as well as to the Exalted Warrior Foundation.

Ana is the recipient of a Los Angeles Mayoral Commendation recognizing her outstanding teaching and healing work in the community, the first time a major U.S. city bestowed such an honor on a yogi or yogini.

Ana is the author of *Fierce Medicine*, the book that represents the spiritual legacy from her earlier years, and contains the treasures that saved her life. Released in May of 2011, *Fierce Medicine* is an extension of Forrest Yoga, and teaches you how to design your life in a way that makes you proud to live it.

Ana and Jose have a saying: *"Authenticity in Spirituality can be gauged by our conduct in everyday life"*. With their dedication to global healing, the couple co-creates a magical and safe arena for transformation. To learn from Ana & Jose means to dive into a transformational treasure chest. They continue to teach throughout the year around the world. Discover the sacred potency of JoseAna's life's work at a Forrest Yoga event.