

YAMA TALENT

CATALYST FOR BETTER LIVING

Workshops Between 2-3 hours

Forrest Yoga Essentials

Forrest Yoga introduces terms and ways of sequencing different from other styles of yoga. This class will ground you in the basic foundations of a Forrest Yoga practice and through specific cueing, connect you to your body and breath in a very new way. If you are new to yoga, or have practised another style, you will pick up tools to add another dimension to your practice from this incredible healing modality.

Students can expect Finlay's personal attention around injuries and explore developing their own resources to create a yoga practice that suits them and their unique body. Finlay brings a sense of humour to his practice in a way that will get you understanding your body in a new way, feeling connected to your muscles, and breaking habits while laughing.

Intro to Arm Balances

Explore lightness and strength in arm balance and handstand transitions as we deconstruct and play with some very fun Yoga poses. Suitable for all levels! Challenge yourself to ask the question, "What part of this can I do?" and then delight in what you achieve!

Forrest Yoga Inversions

In Forrest Yoga, we use intense poses to sparkle up our blood and to excite the body. Nothing is more exciting than inversions, turning the world on its head and changing your perspectives physically. Using Forrest Yoga sequences we will stabilise the shoulders, strengthen the core and work on ways to break the anxiety around going upside down by using very safe inversions. Once we have established some foundations, you can play at your level with what would work best to bring aliveness into your body.

Unlocking The Hips

Using breath and Forrest Yoga sequencing we will begin to unravel the tension around the hips and low back. Through standing poses and some of the exquisite Forrest Hip openers you will go deeper into your hips than before!

Therapeutic Backbends

Forrest Yoga uses intelligent sequencing and unique application of props to take back-bending to a new level. Explore deep backbends whilst creating support and space for the body, deepening your breath and investigating what it means to be struggle free even in an intense

LOCATION

Creative Business, Inc.
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place. This class is suitable for all levels and the therapeutic unwinding of the back will leave you feeling spacious and invigorated.

Unlocking the Shoulders

The shoulders hold a huge amount of tension. This area of the body is designed to hold the head up and assist in the movement of the arms and when alignment suffers (perhaps from sitting at a desk or other modern day scenarios) these muscles bind like straps to hold the body upright.

Journey to the Core

Our core extends from pelvis to the head, an area with numerous connections. Holding the major energetic centres and chakras this is an ideal place to focus our breath for Yoga Therapy. Exploring abdominal exercises and strong poses we will get warm and look at connecting to this power centre, creating space in the abdominals to create a reflexive and responsive abdominal and core.

Practical Pike Presses

Pike presses look simple, clean and strong but there is a wide range of aspects that have to be explored to gain this skill. Using Forrest Yoga sequencing and create use of props, we will look at many strategies to get on your hands and surfing the air. If you can't handstand yet, don't worry! You can get so much from this session without being able to handstand.

Illuminate Your Heart

The heart is wrapped in a casing, surrounded to a cage and adhered to the diaphragm. Working with the intent of exploring the heart, you will learn Forrest Yoga sequencing that will allow you to create a feeling of space underneath, around and in your heart. With your heart clear, you will be able to feel what moves your heart the most.

Feast for the Soul

One of my favourite aspects of my Yoga practice is the deep sense that I am doing something healing on a profound level. There is release, relaxing and also playtime. This class will be a session that moves your blood, creates an opportunity to quantum leap your energy patterns through some of the delightful and challenging Forrest Yoga poses.

Soul of the Wolf

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Connect to a primal part of your heart as we explore backbends using Forrest Yoga sequencing. Learn to stand strong, feel your feet move in a pain-free way.

Warrior of Light

Use Forrest Yoga poses and intelligent sequencing to feel for the warrior energy inside of you. Connect to your legs, and your personal power and begin the journey to make peace with the battles inside of you and learn to take a stand for that which matters most to you.

Heal Your Back

Many of us suffer from back pain, and as a result can approach back bending with a degree of apprehension and anxiety. This workshop will break through this by teaching you poses and breath work to bring space and healing to your back. Learn how to revitalise and strengthen your back in order to heal and bring freedom from back pain.

Whispers from Within

***This is a meditation and journaling process**

Choosing a focus point, we will use meditation and journaling to explore an emotion that feels stuck in your body. This will allow a deeper conversation with this part, giving that area voice and exploring the needs of the focus. The Yoga practice will allow you to develop new strategies for working with your focus spot giving you the opportunity to change the habits within.

Teacher Training and Further Development

Assisting and Adjustments in Yoga (30 Hours) (Can be split over 3 or 4 days)

Friday 6-8am Forrest Yoga Intensive 10-6.00pm

Saturday: 6-8am Forrest Yoga Intensive 10 – 6.00pm

Sunday: 6-8am Forrest Yoga Intensive 10-5.00 9 hours, 5-6.00pm Public Class, 6-7.00pm

Feedback.

30 Hours CPD Module

Students of Yoga rely on guidance to improve and influence their practice and focus. A teacher or assistant must employ various techniques to best communicate with a variety of learners and physical abilities to achieve a deeper understanding of some of the physical aspects of Yoga.

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This is a 30 hour course designed to introduce some basic principles to create a relationship between assistant and student. We will look at using various adjustment techniques in asana practice, development of dialogue and charisma and developing valuable teaching skills.

Morning Intensive will look at Forrest Yoga techniques for injury, sequencing, partner work and to warm up safely for the poses that will be worked on in the rest of the day.

This module is for individuals looking to integrate into the classroom to offer assistance to students and the teacher; teachers looking to learn how to assist in different ways; students either enrolled on teacher training or considering applying to TT; or to massage students looking for a different hands-on learning experience.

Students will be working from a manual and teaching resources designed specifically for this course.

Forrest Yoga Continuing Development (30 hours) (Can be split over 3 or 4 days)

Friday 7-10 Morning Practice, 11.30-6.00pm

Saturday 7-10 Morning Practice, 11.30-6.00pm

Sunday 7-10 Morning Practice, 11.30-6.00pm

Forrest Yoga has many gifts in its practice from its ceremonial meditations, to the way it sequences classes and gives verbal cues. This course is great for new and experienced teachers, or even interested persons who are looking to develop their practice through some of these gifts.

This course will focus on Forrest Yoga asana practices, meditation, journaling, anatomy and muscle activation, therapeutic sequencing, hands-on assist in the classroom and personal development exercises. Each day will finish with a time to integrate on the day's revelations and meditate on all we have learned.

Begin to align your teaching with who you want to be and the message you wish to embody.

Anatomy for Yoga Teachers (20 Hours) (With Co-teacher Dr Helen Meadows)

Saturday 6-9am Morning Practice, 10.30 – 5.00pm

Sunday 6-9am Morning Practice, 10.30 – 5.00pm

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This is an incredible opportunity to begin to understand the human body in the context of a yoga practice and in a way that will forever change the way that you perceive the body and its potential.

Trainees will learn how to quick-assess posture in these fun and highly informative sessions, once the foundation of anatomical knowledge has been set. As yoga teachers, we are in a unique position to streamline the healing process by learning to perceive each aspect that affects the body. This course will explore the visualisation emotional blockage expressed as postural deviation, how we heal and adapt, and how to maximise our environment and capacity for healing.

Continuing Education Weekend

Friday 6-9 pm

Saturday 10 am-1 pm & 3pm-6 pm

Sunday 10 am-1 pm & 3pm-6 pm

Forrest Yoga uses intelligent sequencing and specialised prop use awaken some of the most important structural muscles of the body. Using his skills in Forrest Yoga, and over a decade of massage and bodywork training, learn to move in new ways, unlock some of the places that may be restricting your practice, breathe deeply, and develop your fierceness by connecting to your own personal power. Learn tools that you can work into your existing practice, discover ways to work poses that will make them feel brand new, and delve into the knowledge that could change your relationship with yourself.

By the end of this weekend you will have learned Forrest Yoga tools for navigating the shoulders, the unique and gradual sequencing of backbends, explored the intricacies of back care with the opportunity to learn about many different issues, and delight in working inversions and arm balances no matter your level!

Unlocking the Shoulders | Learn various ways to engage the shoulders and upper back through Forrest Yoga skills, muscle testing, and sequencing to deepen your understanding of this flexible joint.

Therapeutic Backbends | Do backbends make you nervous? They shouldn't! When a class builds gradually, and the focus is on space rather than depth, you can expect to learn to love these poses.

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Heal Your Back | Back pain can be exactly that, a pain! Using the tools of a Forrest Yoga practice, discover the relationships between groups of back muscles, unconscious posture, and how you carry yourself in your practice and tap into your innate healing ability.

Forrest Yoga Inversions | Come for the other sessions, stay for this workshop! Inversions bring such a thrill, you have to be so present, so engaged and mindful, riding the breath as you defy gravity. This class will get you on your hands, even if you are brand new. You will leave this session triumphant in all that you can do!

200 hour Foundation Teacher Training Options available with manual + training materials.

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