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Breakthrough
Practices To
Heal The Body
And Ignite Spirit
Ana T Forrest

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Ana Forrest Explains
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Fierce Medicine, Ana Forrest, charismatic teacher and founder of Forrest Yoga, combines physical practice, eastern wisdom, and profound Native American ceremony to help heal everything from addictive behaviors and eating disorders to chronic pain and injury.

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In *Fierce Medicine*, Ana
Forrest, charismatic
teacher and founder of
Forrest Yoga, combines
physical practice,
eastern wisdom, and
profound Native

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American ceremony to help heal everything from addictive behaviors and eating disorders to chronic pain and injury. Fierce Medicine is also part memoir, detailing Ana Forrest's journey to move beyond her past as she helps others to do the same.

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Forrest, charismatic teacher and founder of Forrest Yoga, combines physical practice, eastern wisdom, and profound Native American ceremony to help heal everything from addictive behaviors and eating disorders to chronic pain and injury. Fierce Medicine is also part memoir, detailing Ana

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Forrest's journey to
move beyond her past as
she helps others to do
the same.

And Ignite Spirit

*Fierce Medicine - Ana
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In *Fierce Medicine*,
Forrest tells her own
story of healing from
the scars of abuse and
physical handicaps, and
reveals the proven
practices that enabled

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her to move beyond her past into a life committed to helping others reconnect with their bodies, cultivate balance, and start living in harmony with their Spirits.

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