

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

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Fierce Medicine: Breakthrough Practices to Heal the Body and Ignite the Spirit BY Ana T. Forrest As the creator of Forrest Yoga, Ana T. Forrest has been transforming people's lives throughout the world for more than thirty-five years.

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As the creator of Forrest Yoga , Ana T. Forrest has been transforming people's lives throughout the world for more than thirty-five years. Her unique blend of physical practice, Eastern wisdom, and profound Native American ceremony takes her teachings literally off the mat and into daily life to heal everything from addictive behaviours and eating disorders to chronic pain and injury.

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Ana T. Forrest is known as an “innovative yoga master.” This description sparked my interest to find out more about this remarkable lady, and I discovered her new system of yoga and book, Fierce Medicine: Breakthrough Practices to Heal the Body and Ignite the Spirit. What I learned is that she experienced and overcame extreme adversity during her early childhood.

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8/7/2014 · Ana Forrest's book, Fierce Medicine: Breakthrough Practices to Heal the Body and Ignite the Spirit, (HarperOne) is available in English, German, Russian, Turkish and as an audio book, read by Ana. When Ana isn't teaching, she loves to ride her motorcycle into the wilderness. Connect with Ana on Facebook, Twitter, and her website.

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