



Ana Forrest and Jose Calarco: Embody the Sacred



Ana Forrest is the Creatrix of Forrest Yoga, a mystic, visionary, philanthropist, author, and Medicine Woman. Jose Calarco is a singer, songwriter, and Medicine Person from Australia with over 30 years experience working with the Aboriginal people of his home country. In this pre-recorded session, explore a ceremonial yoga class that uses breath, Asana, and music to create embodied freedom.

Deep breath: Deep breathing is the key to life.

- If you don't breathe, you're dead, very quickly.
- Learning deep breathing pranayama practices **helps feed your aliveness.**

Embodying the Sacred: Choose a body area from which to create the theme of your practice.

- Focus on a spot in the body and infuse it throughout the practice with the intent to 'embody the sacred'.
- Bring your spirit and nature connection to cell-tissues, feeling the stones in your bones and the wind in your breath. Breathe there.

Embodiment: Connecting the brain and the body.

- There's so much wisdom in the body, but the brain gets delusional; thinking it's separate.
- **If you look and feel, you discover the truth that they are one.**

Pose Nutrients: Each pose generates its own kind of energy with what Ana calls 'Pose Nutrients'.

- You can draw upon these nutrients and infuse the spot you've chosen with their energy.
- Use your breath to deliver the pose nutrients.

Musical Sounds: Gives us an opportunity to embody the sacred.

- Go underneath the mental noise to look for 'the sacred pause'.
- **When we pause the thinker we come into our 'second attention'.**
- You don't have to look outside yourself to find the sacred.
- The sacred lies between every sacred pause.

Resources

- ❖ **Courses:** [Foundation Teacher Training \(200 hour\)](#)
- ❖ **Website:** <https://www.forrest.yoga/>
- ❖ **Social:** Instagram: [@forrestyoga](#) [@josecalarco](#) Facebook: [Forrest.Yoga](#)



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Leslie Kaminoff, co-author of the bestselling book “Yoga Anatomy” is a yoga educator and internationally recognized specialist with over four decades’ experience in the fields of yoga, breath, anatomy and bodywork. His approach to teaching combines intellectual rigor, spontaneity and humor, and is always evolving.

YogaAnatomy.net is how Kaminoff connects with his students all over the world - and the first ever online yoga studio for advanced studies. His passion is teaching teachers, and

YogaAnatomy.net has become the go-to resource for Teacher Trainers planning a YTT, and advanced teachers who want to deepen their knowledge and transform their teaching.

Kaminoff & the entire team at YogaAnatomy.net are thrilled to be sponsoring the Yoga Channel for The Embodiment Conference. To celebrate, they're offering each attendee free access to a Home Workshop Series, where you'll focus on the intersection of embodiment, breath, and your mind. Plus, you're eligible for a \$1,000 USD scholarship towards working directly with Leslie in one of his professional training courses. [Click here](#) for scholarship details and immediate access to the workshop.