

Forrest Yoga

with Carol King



Sundays 9:00 - 10:30am
Thursdays 8:15 - 9:30am
Healdsburg Yoga Studio

Enhance your life through your yoga practice and discover the possibilities for healing and personal growth. Join Carol for Forrest Yoga and enjoy the benefits of a mindful yoga practice. Forrest Yoga does not require strength or flexibility; it only requires that

you bring a willingness to learn how to feel authentically and respond honestly. People with injuries or limitations are encouraged to attend. As you advance in Forrest Yoga, step by step, you learn to exercise your emotional body through the full spectrum of feeling.



Carol King has over 12 years of Forrest Yoga training along with a background in classical dance and movement. Carol completed her teacher training with Ana Forrest in 2006 at the Forrest Institute and is certified. Carol brings an insightful compassionate presence to the classroom. She is skillful at adjusting and modifying poses so students can work safely with injuries and health conditions towards their healing and well-being.

email: carolking1234@yahoo.com | Phone: 707-696-5464

Single Class—\$15 | Ten Classes—\$95 | All Levels Welcome

459 Healdsburg Ave., | 707-431-0993 | www.healdsburgyoga.com

