

## CLASSES WITH SARAH

Adult Beginner

Monday

7.45-9pm

Active8 Bulk Road Lancaster

Tuesday

10-11.15am

Caton Lancaster

Wednesday

7.45-9pm

Kirkham Methodist Church

Thursday

7-8.15pm

Caton Lancaster

1<sup>st</sup> Sunday of the Month

Candlelit yoga

Active8 Lancaster.

Price £8, Active8 Staff £7

class blocks available please  
contact Sarah

## TREATMENTS WITH SARAH

Full Body Massage

75 mins £40

One 2 One yoga session

60Mins £35

Reiki Session

60Mins £35

Back Neck and Shoulder massage

40Mins £26

Indian Head Massage

40Mins £26



07708489964

f @gentlewarrior

Forrest Yoga teaches you to connect with your Spirit and find out who you are. Forrest yoga uses a combination of breathwork, building abdominal strength, grounding energising asanas in a structured sequence. This allows the body to come into feeling and begin to access emotional blocks and work on release.

Sarah is a Forrest yoga Teacher, Massage therapist and a Trained nurse. She started practicing yoga after a car accident left her with a bad back. She discovered Forrest yoga after being diagnosed with postnatal depression, anxiety and PTSD which she struggled with for many years. She found using a daily practice of Yoga, Meditation and Reiki her mental health began to improve significantly. She left Nursing and trained in Holistic therapies. She created Gentle Warrior offering yoga and massage to people like herself who are looking to work to improve their health and wellbeing. Sarah believes her journey up to now has allowed her to embody what she teaches and she continues to work on herself so she can support her students, she offers a safe held space to allow for release.

