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If you could sum up Fierce Medicine in three words, what would they be? Fierce Medicine is a diamond filled with Brilliant reflections, sacred teachings and unforgettable experiences. Ana T. Forrest, Rockstar yogi, healer, and Medicine Woman, reads her story with Beauty and Eloquence.

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~ Ana Forrest, Fierce Medicine # forrestyoga # anaforrest # delightyourspirit # forrestyogatibe. Steve Adams is with Darin Volwiler and 2 others at Yoga Flow SF. April 24, 2017 San Francisco, CA Forrest Yoga workshop Sunday at Yoga Flow SF. FORREST YOGA , Ana Forrest's Official Fanpage.

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Ana Forrest Alo Moves

Ana is the author of the highly acclaimed book, Fierce Medicine, an ordained practitioner of Native American Medicine, a Reiki Master, a Certified Regression Therapist, and a graduate of Anthony Robbins Master University.

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