

Hormone yoga workshop

with Dr. Claudia Turske (Lalleshvari), 5–7 March 2010

Hormone yoga is a natural alternative to HT (Hormone therapy)—a dynamic method that combines breathing exercises and stress-reduction methods with yoga poses.

During the workshop's introduction, Dr. Claudia Turske (Lalleshvari) explains how the hormone systems functions and describes menopausal symptoms that occur when estrogen levels drop. During the rest of the workshop, she will carefully demonstrate how hormone yoga can be practiced and enjoyed. With her help, hormone yoga is easy to learn. A little patience and routine is needed, and the results are highly motivating and truly miraculous.

The hormone yoga method can help:

- Prevent and reduce frequently occurring perimenopausal and menopausal complaints such as hot flushes, restlessness, insomnia, migraine, emotional imbalance, depression, premenstrual syndrome, hair loss, vaginal dryness, and diminished memory.
- Premenstrual syndrome (PMS) sufferers
- Women who experience conception problems

These and other conditions and complaints are due to a natural decline in hormone production, which starts at about age 35. During the perimenopausal and menopausal years, some women do not admit to themselves that they might have hormone-related conditions and complaints. Others seek help via hormone therapy (HT), although long-term HT might camouflage other conditions and lower their self-awareness.

Hormone yoga for whom?

Hormone yoga is for women ages 35+, with PMS, perimenopausal complaints, or menopausal symptoms, i.e., women who . . .

- seek an alternative to HT or wish to discontinue HT.
- suffer from hypothyroidism.
- want to conceive.

Contraindications?

Hormone yoga should be avoided during pregnancy, recovery from heart surgery, the first 3 months after abdominal surgery, and when suffering from:

- Large, active, benign uterine tumors, e.g., fibroids
- Abdominal inflammation
- Hyperthyroidism
- Hypertension
- Endometriosis
- Breast cancer
- Heart disease
- Osteoporosis
- Asthma



When and where?

Friday, 5 March 2010, 7.00 PM to 9.00 PM (kl.07.00-09.00)

Saturday, 6 March 2010, 9.00 AM to 12.00 NOON and 3.00 PM to 5.00 PM

Sunday, 7 March 2010, 9.00 AM to 12.00 NOON and 3.00 PM to 5.00 PM

Workshop fee: SEK 2600

Address: Timmermansgatan 10

Subway station: Mariatorget

How to register

Send an e-mail to info@yogashakti.se with your name, address and phone number.

Payment to YogaShakti bank account (bank giro) 271-8203

International payments:

IBAN: SE03 6000 0000 0006 3186 1882 **SWIFT/BIC:** HANDSESS

Workshop participation requires a download of an analysis form, which you must fill in and return to: lalleshvari@cityyoga.de. Your responses will be treated confidentially.

*Cancellations more than two weeks prior to the course starts:
cancellation fee 500 SEK

* Cancellations after two weeks before the start of the course: 1000 SEK,
written doctors excuse is required for refund of the remaining fee.

* No refunds on cancellations on the day the course starts and after.

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