






HORMONE YOGA THERAPY FOR WOMEN



I invite you to special Hormone Yoga Therapy for Women sessions for all Women who want to eliminate the symptoms of Menopause, PMS, Polycystic Ovaries, Infertility and other problems connected with decreasing of hormones level in your body.

During the Hormone Yoga Therapy (HYT) sessions, the participants will practice the following techniques:




-  Dynamic/Static Asanas
-  Energizing/Calming Pranayamas
-  Techniques to move/ direct the Energy
-  Mudras-Bandhas-Mantras
-  Relaxation and Therapeutic Visualization/ Yoga Nidra

Within the HYT practice, teacher guide you through intentional body scanning and guided imagery to reach a state of total body-mind surrender and relaxation. **This is an effective and powerful practice to produce profound healing, harmonize the pranic body, which will balance the physiology of the hormones, as well as stress and insomnia reduction.**




Hormone Yoga Therapy practice will also leave you with a feeling of deep relaxation that quiets the chattering mind and eases the strained body.

No prior experience with yoga, or meditation is necessary to fully enjoy the benefits of this sessions.




AT THE PHYSIOLOGICAL LEVEL:

-  Reactivating hormone production
-  Decreasing the intensity of menopause symptoms
-  Preventing the appearance of diseases caused by low hormone level




AT THE PHYSICAL LEVEL:

-  Strengthening the muscles and bones
-  Correcting posture & Anti-aging and boost vigor
-  Increasing the flexibility and modelling the shape of the body

AT THE PHYSIC LEVEL:

-  Emotional & physical healing
-  Energy regeneration & release stress
-  Deep sleep & insomnia reduction

AT THE ENERGETIC LEVEL:

-  Reactivating the glands that produce hormones
-  Increase inner balance & vitality
-  Elimination negative thoughts and enhancing focus & concentration

TEACHER:

AGNIESZKA KOWALSKA – a certified teacher of Hormone Yoga Therapy (by Dinah Rodrigues method) with long experience in teaching yoga and meditation (RYT 500). I have been teaching various classes for many years, including yoga for pregnant women, children, seniors, people with back problems and other health conditions (therapeutic yoga), as well as Hormone Yoga Therapy for Women and Yoga Nidra with Essential Oils. I always try to make my students leave my classes feeling calm, relaxed and full of positive energy.



For more info about dates & places – please, contact with Bliss In Me:

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