

Yoga Workshop:

Women's Health Essentials

This workshop is designed to assist women during their monthly cycle. Women will develop greater confidence in their practice and be equipped with techniques and modifications such that participation within the Practitioner Yogasana courses and Led Practice programs is more supported, calming and healthy.



The Workshop will cover:

- standing poses,
- supine poses
- seated poses,
- forward bends,
- twists, and
- inversions.

Each day will focus on three asana groups and explore the basic modifications and use of props and supports.

Teacher: Caroline Plunkett

Dates: Saturday 21 April – Sunday 22 April 2018

Venue: Yoga Mandir, 42 Mort Street Braddon

Sessions: Students attend all sessions as follows:

Saturday 8:00–11:00 am

Sunday 8:00–11:00 am

Cost: \$120

Eligibility: Beginners with some experience of Iyengar yoga

Further details and book online at

<https://www.yogamandir.com.au/program/womens-health-course>

Please book early as places are limited