



# Hormone Yoga Training

with Shakti Simone Lehner

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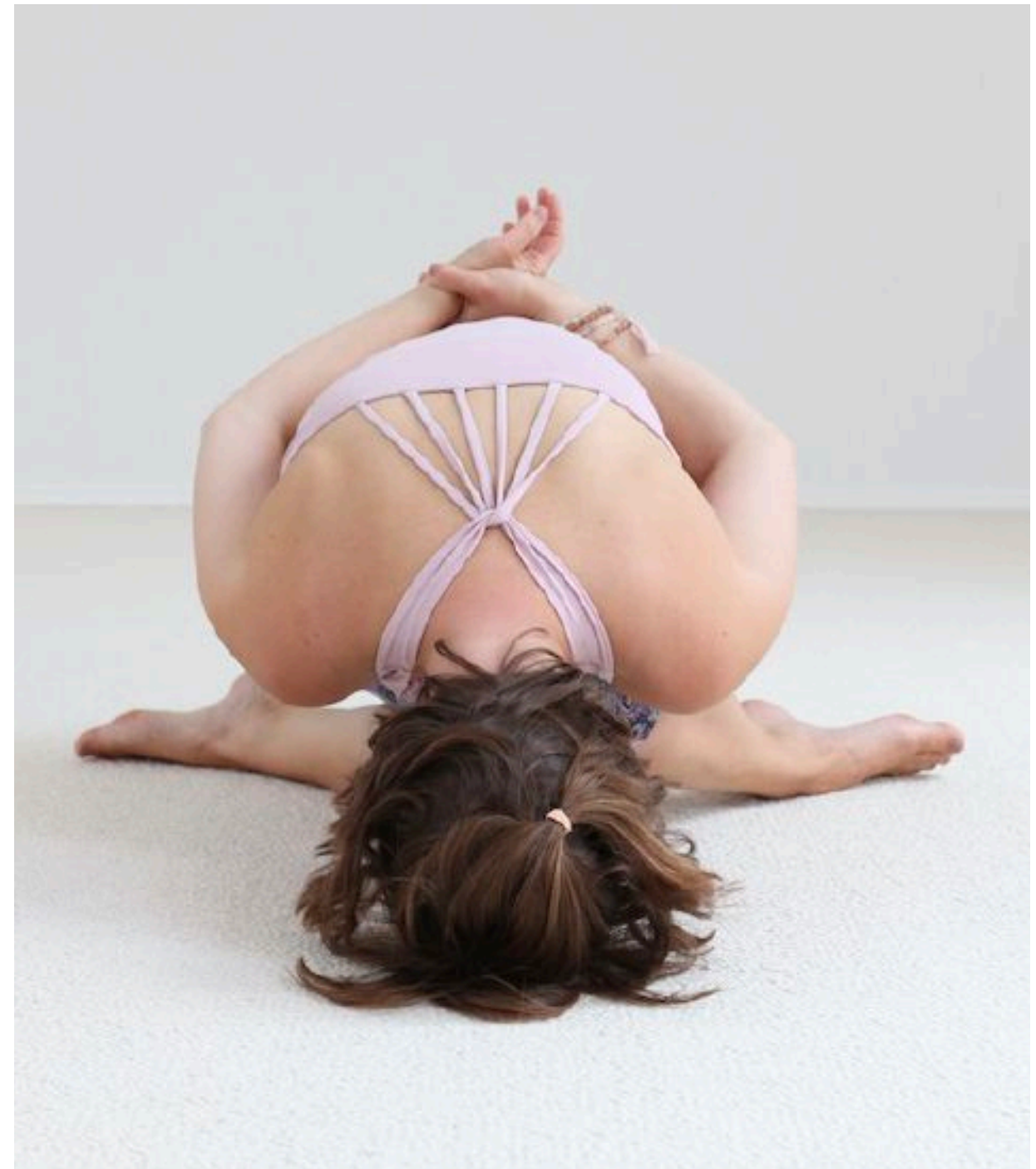
**Course Teacher: Shakti Simone Lehner**  
**Online - Livestream or in person in Speyer**

## **You will learn:**

- the role of the endocrine system in the body
- changes of the hormonal system in the course of life
- understanding the female and male body
- hormone yoga exercise series by Dinah Rodrigues
- exercises on specific topics such as activation of the abdomen, hip opening, stress reduction, increasing self-awareness
- breathing and meditation techniques

## **There will be:**

- teaching practice in small groups online
- proper instruction of each exercise
- sequence of exercises, course design and structure for hormone yoga classes and workshops
- adjusting the practice in the case of limitations or special needs of the student
- understanding different phases in life as a natural cycle and the chance for spiritual growth
- recordings of course material for you to use after the course has finished





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## About the training

A wonderful training for Yoga Teachers, men and women who would like to learn about balancing hormones. Hormone Yoga is a combination of Hatha and Kundalini Yoga combined with special pranayamas (breathing exercises), prana energy channeling techniques and anti-stress exercises, to support and heal the glandular system. Both men and women suffer from increasing imbalances in the endocrine system due to stress and the high demands of everyday life. Our Hormone Therapy course will empower you with techniques and practices to balance hormones naturally without the need for Hormone Replacement Therapy. A great source of knowledge for your personal wellbeing and for yoga teachers in helping students with Hormone balancing / Therapy practices.

Nowadays almost every woman has PMS-problems and the natural cycles in a woman's life have no recognition as something wonderful and natural, that we should live in tune with for its harmonious functioning. The pressure of society drives a man and women to function on the same level everyday. Then later, the transition into midlife and menopause becomes the next stressful event in life and the social demand for eternal youth and beauty do the rest. Even in India doctors state how there is a growing number of men at the age of 35-45 years who are suffering from typical symptoms of testosterone deficiency, such as fatigue, sleep disorder, erectile dysfunction or depressive moods, often due to chronic stress.

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Hormone Yoga (HY) uses the body's own self-healing and regulatory power to balance physical, mental, spiritual and energetic imbalances connected with the endocrine system.

Also for men hormone yoga is well suited to bring vigor and vitality to the whole system, especially the hormonal glands. In young women HY is suitable to alleviate PMS symptoms or increase the chances for pregnancy. From age 35 HY is ideally suited as a preventive tool, to vitalise the hormonal system and in menopause, it relieves much of the unpleasant side effects (hot flashes, insomnia, migraine, depression, joint pain, dry mucous membranes, heavy bleeding etc.). HY also helps to recognise and connect with our spiritual potential in times of change in life.

In this Training you will learn special asanas (yoga postures), kriyas (cleansing exercises) and breathing techniques. Visualisations and anti-stress exercises are another intrinsic part of the practice, as a stressful lifestyle is the hormone killer par excellence. Along with beneficial exercises for the hormone system practiced by Shakti in her years of teaching hormone yoga to students and yoga teachers alike, you will learn how to practice the classical hormone yoga sequence as given by the Brazilian yogini and doctor of psychology Dinah Rodriguez, who first started to study the effects of yoga on the endocrine system in 2001 and still, past her mid eighties, travels world wide to share her findings and teachings about Hormone Yoga Therapy.

You should not take this course, if you suffer from breast cancer, severe endometriosis, large fibroids, or in case you are pregnant. If you are unsure please contact us and ask your doctor for advice, if you are allowed to do practices which might increase your hormone levels.

