



GRHINI

YOGA FOR WOMEN

AN ADVANCED ONLINE IMMERSION
FOR YOGA TEACHERS & YOGA THERAPISTS

JANUARY - DECEMBER 2017

GRHINI YOGA FOR WOMEN

Yoga has long supported the empowerment of women, and has in place very specific practices to support women in every stage of their lives. Women were considered to have a special right to practice Yoga as they not only were the givers of life, but were also the primary source of nourishment for mankind and the environment. Yoga also understood that a woman's body and mind goes through various transitions throughout her life. Hence it requires very specific care that embraces these changes in a respectful manner through every stage of life.

Women experience specific circumstances such as pregnancy and menopause, and are predisposed to certain illnesses like Breast Cancer, Osteoporosis, Menstrual difficulties, Hormonal imbalances etc. Modern life also brings its own set of challenges that create imbalances in a woman's health thus leading to various new illnesses that require attention. It is for such reasons that both Yoga and Ayurveda offer special emphasis on the nourishment and wellbeing of women. Yogācāryas like T Krishnamacharya, made integrated this knowledge and offered potent and powerful practices including Āsana, Prāṇāyāma, Mantra, Mudra, Bandhas and Dhyānam to suit these circumstances. A deep immersion in the diverse practices of Yoga and its application for women is essential for every Yoga Teacher, Yoga Therapist and even a Yoga Student.

This online program provides a platform for serious practitioners to explore this topic in depth. The program will last for twelve months with one meeting each month. Each meeting will last approximately two hours with a break of ten minutes included. In the meetings we shall explore these themes in detail, and how to utilise the diverse tools of yoga to assist in such circumstances. Detailed handouts will be provided prior to each session that will support the learning experience.

The main themes covered in this course will be the following:

Menstrual Issues	Pregnancy Pre-Conception	Pregnancy - First Trimester
Pregnancy - Second Trimester	Pregnancy - Third Trimester	Pregnancy - Post Delivery
Depression	Eating Disorders & Body Image	Osteoporosis & Related Issues
Fibroids & Cysts	Breast & Ovarian Cancer	Menopause

This intensive program will be most useful to serious students and practitioners of Yoga, Yoga Teachers and Trainers wanting to take their expertise to the next level. A Certificate of Participation will be issued to all participants who complete the entire program. All sessions will be conducted through Skype Audio mode. Assisitive handouts will also be provided prior to each session. An audio recording will be sent to the participants for further reference and archiving. **Places are limited for this course, so kindly register early.**

DATES

Tuesdays 4:00pm - 6.00pm India Time

24 Jan 21 Feb 21 Mar 11 Apr 23 May 13 Jun 11 Jul 15 Aug 12 Sep 10 Oct 14 Nov 12 Dec

Participants who find it difficult to join in for the sessions owing to scheduling conflicts or time differences, may still be able to participate by listenting to the recordings. They may email with any clarifications or questions. A minimum of 10 participants are required to commence a batch. On certain days, where Dr. Kausthub Desikachar will be traveling, and hence is unable to conduct the planned session, a recording of an earlier session will be sent out.

INVESTMENT

€84 per month. Cost includes payment for sessions including audio recordings of each session. Payment must be made prior to each session. Payments can be made only through **Paypal**.

Interested participants can kindly send their **Full name and Email Id** to yoga@kausthub.com