



HORMONE YOGA THERAPY

NEW CLASSES IN NOVEMBER

Hormone Yoga Therapy by Dinah Rodrigues is a natural, holistic method and dynamic form of Yoga therapy.

Targeting the reactivation of the hormone production in the endocrine glands, Dinah, the 91 year old creator, is the living proof that the regular practice of her Hormone Yoga Therapy (HYT) has an extremely positive effect on the health. More about Dinah here: www.dinahrodrigues.com.br

A regular practice helps harmonizing the hormonal system and consequently eliminating unpleasant symptoms of low hormone levels such as menopause, polycystic ovaries, menstrual disorders or ovarian cysts and more.

Exercise strengthens the immune system and rejuvenates the body. The simplicity of these exercises make the therapy suitable for anyone and doesn't require any previous yoga experiences.

HYT, executed regularly and correctly, can support fertility, and even prevent diseases caused by low hormone levels such as osteoporosis, increased predisposition and cardiovascular diseases.

Booking via info@studio12-munich.com

STUDIO.12

POSSARTSTRASSE 12 . 81679 MÜNCHEN

+49 89.47 07 87 54 . INFO@STUDIO12-MUNICH.COM

STUDIO12-MUNICH.COM



About the Courses

Intro Course Hormone Yoga Therapy

The completion of this course is required in order to participate in the Regular Course

Intro Course starts 15th of November
each Thursday from 10.30 - 12.00
From 15.11. until 13.12.

Course Fee: 190 Euros

Regular Course Hormone Yoga Therapy

In order to participate, the Intro Course must be completed

Regular Course starts 26th of November
each Monday from 8.45 - 9.45
From 26.11. until 17.12.

Course Fee: 98 Euros

Classes will be taught in english.

Both Radka and Heidi are experienced Yoga teachers and have been certified by Dinah Rodrigues.

More about HYT on www.yogaforjoy.de/about-hormone-yoga-therapy/

Booking via info@studio12-munich.com