



# HORMONE YOGA WORKSHOP

SATURDAY, 23RD OF JULY 2022, 9.30 AM - 1.30 PM

WITH RADKA EXNAR

Do you want to strengthen your immune system and rejuvenate your body? Hormone Yoga Therapy by Dinah Rodrigues is a natural and holistic method to target the reactivation of the hormone production in the endocrine glands. Regular practice helps to harmonize and optimize the hormonal system and consequently eliminating symptoms of low hormone levels such as (pre)menopause, polycystic ovaries, menstrual disorders or ovarian cysts and more.

The exercises are very simple and make the therapy suitable for anyone. No previous yoga experience is required.

Learn more about Dinah who -with her 95 years- is the living proof of its positive effects. [www.dinahrodrigues.com.br](http://www.dinahrodrigues.com.br)

The workshop includes a detailed handout as well as a live streamed class on Sunday, 24th of July from 6.30 pm til 7.45 pm.

Sign-Up via [info@studio12-munich.com](mailto:info@studio12-munich.com)

Workshop, handout and online class for 99€

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