

# WOMEN YOGA WORKSHOP

Sunday 13 March 2011 14.00 – 17.00

at **Brahmani Yoga, Goa**

With Tara Sandra



**In this 3 hours workshop we will take an in depth exploration of how Yoga can help Women in her monthly cycle.**

We will approach a healthy way of dealing with **PMS**, we will focus on supportive postures during **menstruation**, and how to return gradually to a daily practice. The technique is emphasizing the use of props and is suitable for both beginners and advanced students.

Specific conditions like: ***Insomnia- Depression- Migraine- Digestive trouble- Back pain*** will also be part of the program.

**The method I teach is to adjust our Yoga practice with the daily requirements, acknowledging our feminine cycle and its related emotions.**

**So that Yoga becomes our way of life.**

**Cost: 1000 Indian rupees**

## About Sandra :

Hi ! My name is Sandra.

I am French Swiss, fluent in English and for 20 years I am living in Asia where I met the Dharma and the joys of Yoga.

For more than 10 years I have practised and developed a Yoga method, inspired by the great Masters BKS Iyengar and Sivananda, which I nourish with heart and awareness. I continue to dive deeply into these practices, attending retreats and workshops with inspiring teachers.

Over the years I have been teaching in variety of locations like Goa in south India, Swiss, Thailand's premier health resort Chivasom, the Four Seasons in Chiang Mai and since 2005 regular summer visits at the Yoga Studio in Chiang Mai.

For more info please visit : [www.Tara-Yoga-Now.com](http://www.Tara-Yoga-Now.com)