



Hormone yoga by Dinah Rodriguez

Autor/in: [Yogalehrerin \(GGF/BDY/EYU\) Monika Schostak](#)

What is hormone yoga? Hormone-Yoga is a natural alternative to conventional hormone and hormone replacement therapy. Hormone-Yoga is a kind of dynamic yoga, which brings not only an increase of vitality and well-being, but also with regular practice soon leads to results, as it specifically interacts with the female glandular and hormone system, and naturally the estrogen production in the stimulates ovaries.

Hormone yoga is a combination Energetic Yoga and Hatha Yoga Kundalini Yoga Tibetan Energy Exercises Hormone-yoga exercises and techniques used more specific than the hatha yoga, but it is easy to learn and practice. The results are motivating, because it causes not only an increase in hormones, but also leads to a strong improvement in the symptoms associated with menopause, such as Hot flashes, anxiety and heart palpitations, insomnia, PMS (premenstrual syndrome), migraine, emotional upset, depression, hair loss, brittle nails, loss of libido, vaginal dryness, joint pain, poor memory, etc.

Likewise, once hormone-Yoga for the prevention of sequelae of estrogen deficiency such as osteoporosis, cholesterol and consequent increase in cardiac and vascular disease. The exercises also help young women to bring their hormonal balance in a balance and keep for years.

In hormone-yoga, there are also specific exercises for stress to calm the autonomic nervous system as well as references to a healthy diet that is beneficial to the hormonal balance. Hormone yoga is a special Yogareihe which is always the same and what you can learn to exercise at home.

Yoga is learned in hormone-day workshops or weekend seminars. Participants receive written documentation, and two training CD with `s, which are included in the workshop cost. It is also possible a training DVD on sale at the workshops.

If interested, there are follow-up meeting (1x/month each two hours), to exchange ideas and weiterzuüben.

Who can practice yoga hormone? Women from 35 years (from 35 starts to sink the natural estrogen levels), no upper age limit Young women with premature menopause due to strong physical stress (eg performance athletes) and / or by stress

All women who undergo hormone therapy or no wish to sell their hormones In exceptional cases, young girls and women with hormonal problems such as ovarian cysts, heavy menstrual problems (excessive bleeding, severe pain, absence of menstruation) When should you not hormone-yoga exercise? In pregnancy For breast cancer, which is hormonal (only with medical consultation) In acute endometriosis For large fibroids in the uterus In acute inflammation in the abdomen (eg appendicitis irritation) Under heavy osteoporosis In acute heart disease and after heart surgery In the first 3 months after surgery in the abdomen

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