

YOGA RETREAT

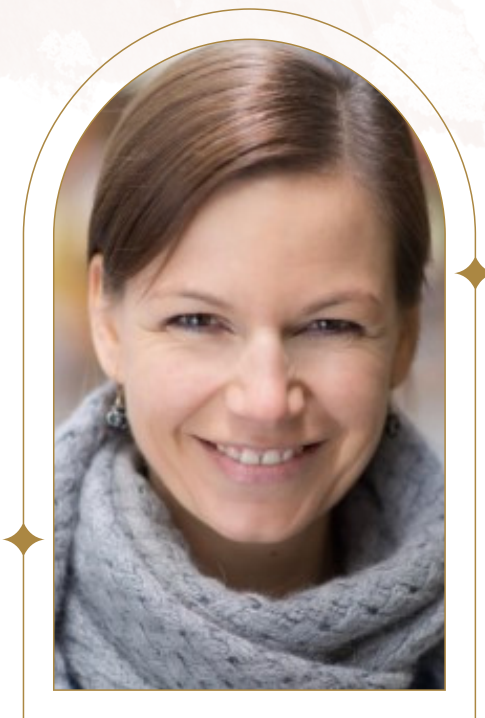
Hormonal yoga is a method that uses the body's hormones to improve health. This holistic approach uses yoga postures, meditation, pranayama and various other techniques to regulate your hormones.

It encourages your hormonal system to release endorphins and oxytocin by opening your energy channels. These control your mood and relieve anxiety, depression and stress.

It's a dynamic form of yoga that focuses on optimising and strengthening the hormonal system. During the 4 days, you will learn about the body's natural self-regulation processes and how to use your breath as a beautiful instrument to release blockages and direct your energy.

Using physical exercises (asanas) and myofascial techniques, you'll learn to balance your hormonal system.

Coquillade
Provence



CHRISTINE ABPLANALP

Christine has a practice for body therapy and Ayurvedic therapy in Bern.

She has been working on the theme of 'woman' in the cycle of nature for a long time.

PROGRAMME

Day 1 | Thursday 7 March

- ✓ 4.00pm-5.00pm : Presentation and welcome drinks
- ✓ 5.00pm-6.30pm : Introduction to hormonal yoga
- ✓ 6.30pm-7.00pm : Free access to spa facilities

Day 2 | Friday 8 March

- ✓ 7.30am-8.45am : Hormonal yoga practice
- ✓ 10.30am-12.00pm : Stop & Go outdoor session
- ✓ 12.00pm-3.00pm : Lunch and free time
- ✓ 3.00pm-4.00pm : Nutritional advice by theme
- ✓ 4.00pm-5.00pm : Free access to spa facilities
- ✓ 5.00pm-6.00pm : Pranayama/meditation

Day 3 | Saturday 9 March

- ✓ 7.30am-8.45am : Hormonal yoga practice
- ✓ 10.30am-11.30am : Free access to spa facilities
- ✓ 12.00pm-2.00pm : Lunch and free time
- ✓ 2.00pm-5.00pm : Spa treatments
- ✓ 5.00pm-6.00pm : Pranayama/meditation

Day 4 | Sunday 10 March

- ✓ 7.30am-8.45am : Hormonal yoga practice