

# *Yoga for Women*

The woman of today dons many hats - from holding the fort at home, to running things at the workplace, from taking care of the family, to being a socially conscious citizen. As the opportunities are multiplied, and her abilities are expanded, resources may get stretched and the 'me-time' could shrink. Lack of quality time to re-energize the body, rejuvenate the mind, and replenish the soul, could result in self-care taking a back seat. The workshop 'Yoga for Women' seeks to cater to those who want to rise above the limitations of the body and mind - those who seek to fulfill their full human potential.

Pain, bloating, cramping during menstruation are common symptoms faced by many young women. Menopause could bring with it, its slew of symptoms in hot flashes and weight gain. Yoga serves as a panacea in providing practices that have proven efficacy in healing the body and restoring its natural balance. The mental/emotional imbalances are addressed with 'antar mouna' and 'yoga nidra' – which allows one to be an impartial observer and watch the thought patterns like clouds that drift across the sky.

Many women also suffer from issues of body image perceptions, weight control, obesity – which could in turn lead to chronic diseases brought on by an incorrect diet and insufficient exercise. The yogic approach to weight control is multi-dimensional – the body is treated with respect and the mind is conditioned where cravings do not take hold. The glow of health is restored in a way that is compassionate, holistic, and natural to who we really are.

Other practices that will be addressed during the workshop include exercises that strengthen the pelvic floor, relief from varicose veins, back pain, infertility – to name a few.

Yoga at Vivekananda Yoga is more than the 'Asana'. Being aware of the 'mental goings-on', thought patterns, and questioning the conditioned ways of thinking and reactions – allows the mind to settle into a deep calm, where creativity and new ideas emerge.

A woman's sphere of influence, in the family and society, is immense. The 'yoga for women' workshop will provide a snapshot of the possibilities that could be. Join us on Dec 5, 6 – 8-9:30 am PST.