

Women's Circle of Yoga:

Menopause Workshop with DL



Saturday, May 27, 2017 1-3 pm, \$40

\$40 before 5/22, \$50 thereafter

Garden of Yoga

140 N. LaGrange Rd., Ste. 17
LaGrange, IL 60525

708-989-1329

www.gardenofyoga.net

A Woman's life is full of change. She travels through three sacred stages: Menarche, Pregnancy, and Menopause. This workshop will be focused on the life stage of *Menopause, the Wise Woman Years*. Menopause can be one of the most trying, confusing, frustrating, and depressing times in a woman's life. Yoga can help! Yoga provides a path to befriend your feminine body as it passes through this most important change, as it reaches for the wisdom years. Hot flashes, insomnia, fatigue, poor digestion, changing body shape, are some of the most common complaints. Yoga addresses these complaints with specific poses and also intentional breath-work. Come along with DL in this healing Women's Circle of Yoga to gain wisdom about these changes and feel more empowered to live fully in the years to come.

nancy DL heraty teaches classic Hatha Yoga with emphasis on alignment and specializes in Yoga Therapeutics for those with specific issues and ailments. Therapeutics for the spine, and specifically Scoliosis is where her expertise shines. DL has coauthored a new book "*Yoga for Scoliosis, a Path for Students and Teachers*" which is now available on her website, yogajourneytotheheart.com.

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