



## Women's Workshop with Lori Berenz

Practical Strategies and Empowering Information for each stage of life taught in the Iyengar tradition.

At each stage of a woman's life she will experience physical and psychological changes. The practice of yoga can be modified and adapted to suit the changing needs of each phase towards the achievement of peace of mind, bodily poise and overall balance .

Everyday is a new day when we practice yoga -- environmental factors/ weather, sleep patterns, digestive health, hormones, feelings of lethargy/ fatigue or hyperactivity/ anxiousness all of these differing conditions create for us both a challenge and an opportunity. Coupled with this, the female body moves through a tremendous amount of hormonal changes throughout our many stages of life. In this workshop, you will learn how to adjust and customize your practice based on your personal needs in order to maximize the healing and therapeutic quality of classical Hatha yoga asanas. With a focus on supporting and enhancing female health, you will learn about alignment, biomechanics, the use of props and how to sequence a practice that will aid in the balancing of the physical body and the nervous system. All levels welcome.



Lori Berenz is a certified Iyengar yoga teacher at the Junior Intermediate II level. She has been studying with Senior Iyengar yoga teachers since 1998. Over the years, Lori's love of yoga inspired her to focus on teaching yoga and leave behind her corporate career of fifteen years in the field of Human Resources Management. She understands the challenges of balancing family, career and trying to implement yogic practices into a modern lifestyle. Yoga has given Lori numerous benefits and has transformed every aspect of her life. Lori is truly grateful for the gift of yoga and is passionate about the continuous learning it provides.

Date: Saturday, April 23rd

Time: 1pm – 4pm

Cost: \$50 +hst, for students of The Yoga House, \$60.00 for non-students  
Space is limited for this workshop, please register well in advance.  
Register online under workshops at [www.theyogahouse.co](http://www.theyogahouse.co)

*Join us in our bright and peaceful studio, overlooking the garden.*

Be inspired! visit [www.theyogahouse.co](http://www.theyogahouse.co)

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