

Retreat Program of Yoga for Women

Female Yin Yoga Retreat Program:

Yoga-Philosophical Aspects:

- Human Life: Meaning & Aim of Life.
- Yoga – Introduction / it's origin & development.
- Panch-Klesha (Five Causes Of Pain & Miseries) / causes of success and failure in life.
- Imbalance and diseases process in women's body from medical & yogic point of view.
- Yama, Niyama (social and personal rules and regulations) Asana (physical posture), Pranayama.
- (breathing techniques), Pratyahara (withdrawal of the mind from the senses), Dharna (concentration), Dhayan (meditation), Samadhi (self-realization).
- Yoga and purification techniques, what are the suitable for women.
- Concept of yogic, ayurvedic and vegetarian nutrition for women.
- Concept of 3 Natures (vata, pitta, kapha), how to balance it, what is female nature.
- Common women's diseases from philosophical point of view.
- Woman and family life, from vedic concept to contemporary reality.
- Pregnancy and childbirth in natural way in modern society.
- How to create warm relations with husband and kids?
- How to be attractive for men, ancient indian concept adapted to reality?
- How to keep myself feminine, is it necessary nowadays?
- Feminine nature from girl to old lady: how to go this way correctly?
- Concept of yogic, ayurvedic and vegetarian nutrition for women
- How to be attractive for men, ancient Indian concept adapted to reality?
- How to keep myself feminine, is it necessary nowadays?
- Feminine nature from girl to old lady: how to go this way correctly?-How works woman's body? (from hormones to mood – medicine and nature)
- Aging and a natural process
- How to adapt women's body to conditions of modern society
- Pregnancy and infertility (medical, ayurvedic, astrological point of view)
- How to look good without much effort (medicine vs. nature)

Yoga-physiological Aspects:

- How works woman's body? (from hormones to mood – medicine and nature).
- Aging an a natural process.
- How adapt women's body to conditions of modern society.

- Pregnancy and Infertility (medical, ayurvedic, astrological point of view).
- How to look good without much effort (medicine vs. nature).

Key lectures & workshops:

- Body & Skin purification, rejuvenation techniques.
- Aromatherapy.
- Colortherapy.
- Spices for cooking specific food for your partner and family members.
- Herbs: what I need to know to keep myself energised and beautiful.
- How to be desired by your partner: from cosmetics to hormones.
- What to do in stress situation? Some techniques to be successful.

Yoga-Practical Aspects:

Asana:

- Natural Relaxation Asana.
- Natural standing Asana with External Rotations.
- Forward bending Asana.
- Backward Extensions.
- Spinal Twisting Asana.
- Inverted Asana.
- Balancing Asana.
- Surya-Namaskara.
- Meditation Asana.
- Thunder-Bolt (vajrasana) Group Asana.
- Lotus (Padmasana) Group Asana.

Pranayama & Mudras:

- Pranayama and their detox effect on the body.
- Special Pranayama Techniques for rejuvenation.
- Mudras and badas.
- Parana in daily life, how to reach anti-age effect.
- Guided meditative pranayama for balance and anti-age.
- Mantra and pranayama advanced level in beauty care and rejuvenation.
- Kriyas (Body Cleansing Methods).

Meditation:

- Standard Meditation Practice, meditative practice for weight reduction and purification of the body, balance of mind and happiness.

Mantra:

- Advanced Mantras, Hindu Gods, mantras related with them, mantra for pooja rejuvenation.

Yoga therapy/Ayurveda/ Aromatherapy:

- Using of number of yogic/ayurvedic methods in supporting of business, mental and physical balance
- Role of Ayurveda beauty care
- Common herbs for well being
- Acupressure for female health
- Acupressure for hormonal imbalance
- Thyroid gland problems and acupressure points
- High blood pressure for Acupressure
- Constipation & Acupressure
- Menstrual disorders and Acupressure points*Acupressure points for fertility
- * Acupressure for constipation, infertility, thyroid gland problems, anaemia, pregnancy, diabetes
- Ayurveda skin types and their care according to Dosha *Herbal Steaming and Facial pack in herbal therapy for rejuvenation
- Diet and obesity management with Ayurveda *Ayurvedic hair care and head massage
- Ayurvedic face massage
- Ayurvedic acne treatments
- Herbal body bath *Herbal body scrub
- Cosmetics in Ayurveda
- Herbal Steaming
- Herbal Scrub
- Herbal Face pack / Mask
- Herbal toner
- Herbal moisturizer
- Acne Treatments
- prepare herbal decoctions
- prepare oil infusion
- herbal preparation in daily life
- Aromatherapy
- Types of oils, essences
- Common oils for depression, headache, menstrual disorders, menopause, stress, pregnancy
- Color therapy
- color medicine and vibrations theory
- 12 healing colors and their application
- Chakra and channels*music and color therapy
- Tibetan sound therapy
- Which sound is stimulating reproductive system of female