

# Yoga for Women: Practice In-Harmony with Your Body & Your Life with Sonia Osorio

four week workshop:  
Nov. 29, Dec. 6, 13, 20 12h30-15h00

From adolescence to womanhood, from motherhood to menopause and beyond, a woman's body undergoes a variety of changes that affect how she relates to herself, others, and all aspects of her life. Yoga can help support these phases and nourish a woman's health and well-being. Using principles of natural health care and yoga, this workshop series will explore how women can better understand their body's natural rhythms, and how they can develop a yoga practice in harmony with their own body.

Different weekly themes will be covered including: practices for peri-menopause and menopause, how to practice during different phases of the menstrual cycle, approaches for special issues that participants wish to explore (e.g. PMS, lack of periods, heavy or painful periods).

Cost:  
UYM passholders:  
\$35 / session or \$125 (plus tax) for complete series;  
non-UYM:  
\$45 / session or \$135 (plus tax) for complete series

United Yoga Montreal

451 Ste-Catherine St. W. -Suite 203  
514-849-7100

[www.unitedyogamontreal.com](http://www.unitedyogamontreal.com)  
[unitedyogamontreal@gmail.com](mailto:unitedyogamontreal@gmail.com)

For more information, please contact:  
Sonia Osorio 514-495-1691  
[sonia@zensations.ca](mailto:sonia@zensations.ca) ~ [www.zensations.ca](http://www.zensations.ca)