

Yoga Therapy – 7Day Health Program

The yoga classes are therapeutic based, teaching how to use yoga for self-healing. Each class will be themed with a specific health aspect - 30 minutes lecture combined with a 90 min therapeutic yoga practice.

DAY 1 – BREATH OF LIFE

Good breathing is a major component of good health, yet many of us spend our lives not thinking about how we are breathing. Learning breathing exercises is a great way to reduce anxiety, agitation and stress, while promoting relaxation, calm and inner peace. In this practice you will learn the power of good breathing for healthy living.

DAY 2 – HEALTHY STRESS

Stress is key for survival and in small doses can be beneficial and motivating. It becomes detrimental to our health when we stay in this state for long periods of time causing anxiety and health problems. This practice is designed to balance the nervous system and release stress and tension being held in the body.

DAY 3 – HAPPY BELLY

The root cause of many diseases is inefficient digestion. Poor digestion can affect not only the physical body but also our mental health. This practice will focus on activating, purifying and balancing the digestive organs.

DAY 4 – HEALTHY SEX

Intimacy and our sexual relations are critical components to a holistic and harmonious life. However a range of physical and mental challenges can cause blockages in this important area. During the practice we will raise awareness on what can cause these challenges, specifically working with the Pelvic Floor and breathing.

DAY 5 – EMOTIONAL WELLBEING

Emotions are energy in motion. Our feelings are the awareness in our mind of that energy. However, we often suppress the emotions and that's where we get stuck, repeating the same habits over and over again. In this practice you will learn how to bring awareness to a range of emotions and how they affect the physical body.

DAY 6 – MIND MATTERS

This class will provide a quick introduction to the conscious and subconscious mind and how our world is ruled by their programming. The fascinating topic of how our mental attitude affects our physical body will be discussed. Theory will then be interwoven with practice to provide a whole mind workout.

DAY 7 – DEEP SLEEP

Sleep plays a vital role in good health and well-being throughout your life. Getting enough quality sleep at the right times can help protect your mental health, physical health and overall quality of life. This practice will offer ways to improve the quality of your sleep.