

Well-Woman: Yoga for Women's Health and Vitality Course Schedule

Saturday 20th November 2010 (taught by Dr Ruth Gilmore)

10.30	Welcome, introduction
10.45	Female reproductive system
11.30	Break
11.45	Female reproductive system (contd)
12.30	Practice
13.00	Lunch
14.00	Guided relaxation
14.15	Female reproductive disorders
15.00	Break
15.15	Female reproductive disorders (contd)
16.00	Practice
16.30	Break
16.45	Female reproductive disorders (contd)
17.15	Q & A
17.30	Close

Sunday 21st November 2010 (taught by Uma Dinsmore-Tuli)

10.00	Meditation, pranayama, chants to the divine feminine principle.
10.30	Introductions, intentions and check in. A model practice for well woman yoga therapy group sessions
11.00	Outline overview of key yogic and ayurvedic theories for women's health and natural menstruation, including responses to menarche, dysmenorrhea, anaemia, prolapse and low self-esteem, including the impact of eating disorders and stressful lifestyle choices on women's self-esteem health and women's fertility
11.30	Initial practical yoga therapeutic session: Swadisthana chakra, apana vayu and fertile energy – positive awareness, asana and pranayama for menstruation and conception.
12.30	Working break – Analysis of practical session, with elaboration of menstrual issues
1.00	Lunch
2.00	Meditation, pranayama, chants to the divine feminine principle

- 2.30 Natural menstruation and yoga – happy sisters? Sharing experiences and ideas (our own, and students and clients)
- 3.00 Case studies: theory and practice followed by Q&A: endometriosis, menstrual irregularities, pain, anaemia, cystitis, thrush and yoga therapy
- 4.00 Break with further Q & A if required.
- 4.30 Considering pre-menstrual tension: honouring monthly cycles and setting the basics in place for supportive yoga therapy
- 5.00 Practical Yoga Therapy session: Relaxation for positive menstruation, conception and fertility. Closing practice
- 5.30 End

Saturday 11th December 2010 (taught by Uma Dinsmore-Tuli)

- 10.00 Meditation, pranayama, chants to the divine feminine principle
- 10.30 Introductions, intentions and check in. A model practice for well woman yoga therapy group sessions: recapping on yoga and menstruation, shifting focus to fertility
- 11.00 More on honouring the monthly cycles and reconnection to lunar rhythms. Supporting natural fertility and healthy conception.
- 11.30 Fertility and yoga: case studies to structure our practical session on yoga for the support of fertility and conception, including responses to IVF and assisted conception. relaxation, meditations and visualisation and positive support for fertility: theory and practice
- 12.30 Working break – Analysis of practical session, with elaboration of fertility issues
- 1.00 Lunch
- 2.00 Meditation, pranayama, chants to the divine feminine principle
- 2.30 Sharing from experience: the structuring principles of yoga therapy management during postnatal experiences including prolapse, incontinence and other pelvic floor and pelvic organ issues. Including pelvic pain: issues including physical and emotional challenges
- 3.00 Practical Yoga Therapy session: case studies on uterine prolapse and split rectus.
- 4.30 Break with analysis of practice and further Q & A if required.
- 5.00 Deep relaxation for pelvic organ health. Closing practice.
- 5.30 End

Sunday 12th December 2010 (taught by Uma Dinsmore-Tuli)

- 10.00 Meditation, pranayama, chants to the divine feminine principle
- 10.30 Introductions, intentions and check in. A model practice for well woman yoga therapy group sessions: recap on prolapse and postnatal experiences, re-focusing on yoga for women's health during the great change.
- 11.00 Cycles in a woman's life: moving through the changes
- 11.30 Perimenopause and yoga: case studies to structure our practical session on yoga for the response and relief of menopausal challenges –
- 12.30 Working break – Analysis of practical session, with elaboration of menopausal issues
- 1.00 Lunch
- 2.00 Meditation, pranayama, chants to the divine feminine principle
- 2.30 Sharing from experience: the structuring principles of yoga therapy management during menopause and beyond: issues including physical and emotional challenges
- 3.00 Practical Yoga Therapy session: theory and practice to respond to any issues arising from the course as a whole.
- 4.30 Break with analysis of practice and further Q & A if required.
- 5.00 Feedback / Endings and beginnings. Building a network of sisterly support for yoga and women's health, including women's yoga retreats. Closing practice.
- 5.30 Ends