

Dr. Pooja Maddela

Hormonal Balance: A holistic approach to women's health from a yoga perspective

Date: October 1, 2016

Time: 1225 hrs – 1310 hrs

Hormonal imbalances affect many women in their reproductive years and beyond. Hormonal balance can be restored by the skilful application of philosophy, principles and practices of yoga. Yoga reveals the metaphysical causes behind the physical manifestation of imbalances, whilst current research explores how hormonal balance, measurably improve with yoga practices. This presentation will explore how the therapeutic yoga offers a comprehensive approach to women's health in the light of hormonal balance.