

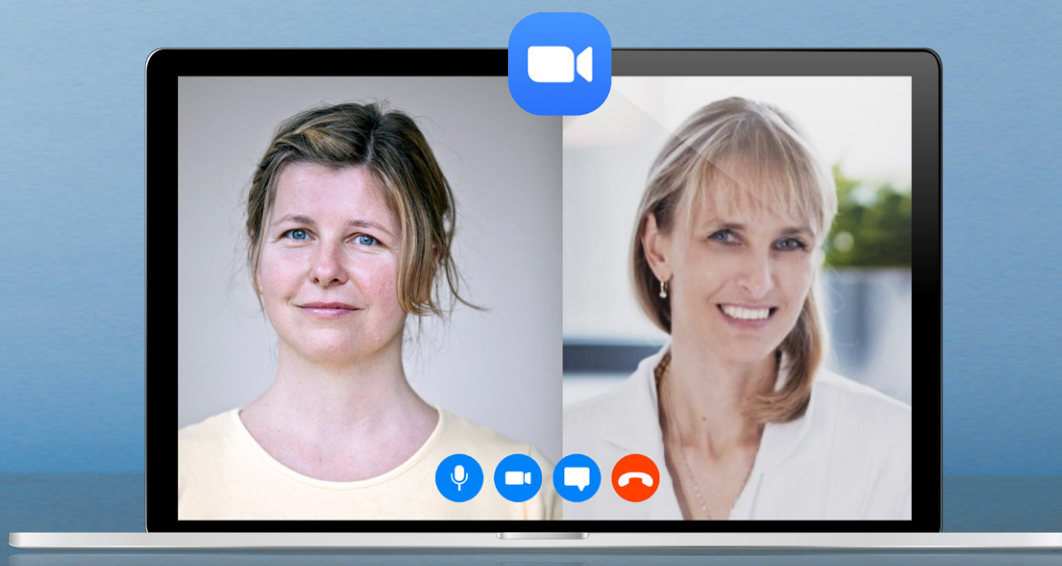


Harmony for Body, Mind and Soul

YOGA AND WOMEN'S HEALTH AFTER 40

FEMALE HORMONE CYCLE & PERIMENOPAUSE, AND THE SYSTEM YOGA IN DAILY LIFE®

We are pleased to bring to you a webinar featuring
a lecture with a Gynecologist sharing her research
on Yoga and women's health, followed by a practical
Yoga session with:



Amrit Sagar is a disciple of Vishwaguru Paramahansa Swami Maheshwarananda, Yoga in Daily Life® Teacher & Director of YIDL Center in California.

Alena Filkova, M.D. She works as a Gynecologist and Obstetrician in the Czech Republic and specializes in the field of reproductive medicine. MUDr. Filkova is also a Yoga teacher and currently writing a book on the topic of the benefits of Yoga in Daily Life® (YIDL) techniques for women's health and researching the benefits during perimenopause and menopause.

Zoom Event



Saturday 7. Jan 2023

9:00am-11:00am PST

Zoom link will be made available via our web site www.yogaindailylife-bayarea.org
or our Facebook page **Yoga in Daily Life Bay Area**

We would greatly appreciate your donation of **\$10 or what you are willing to share to support our Yoga in Daily classes and vast social, educational, and humanitarian programs YIDL offers around the world via PayPal bayarea@yogaindailylife.org.**