



A natural hormonal balance during menopause With Ayurveda and yoga therapy

Saturday March 22, 2025

Places are limited and pre-registration is required.

Overwhelmed by menopause symptoms?
Discover your natural balance Manage your hot flashes, migraines, digestive and anxiety through Ayurveda and yoga therapy.

Women's bodies inherently move in rhythms along with the levels of hormones in our blood. These rhythms manifest as menstruation and menopause and are as natural to female life as the ability to give birth. So why is it that so many women suffer through pain or confusion during these times of change? In this workshop, we will discuss how to understand these rhythms and seek to provide soothing relief to the confusion and pain - both on a physical and emotional level through ayurveda and yogic techniques.



Bitita Bitajian: B.A., Ayurvedic practitioner and N.D. (certified naturopath) E-RYT, Ayurvedic Yoga Therapist, Ayurvedic Yoga Specialist and Life force Yoga Practitioner.

For more information about Bitita please visit our website www.transformationayurvediccenter.com

For more information about Bitita, please visit our website www.transformationayurvediccenter.com

This workshop includes:

- *Foundation of Ayurveda and its basic principle of doshas (our body energy)
- *Food guide for your body metabolic type (dosha)
- *Lifestyle recommendations that promote perfect health for you Your dosha (energy) and menopause symptoms
- *Therapeutic yoga and pranayama techniques for anxiety, hot flashes, migraines and other symptoms.

Location: Transformation Ayurvedic Center

320 Ave saint Denis, Saint Lambert

Date: Saturday, March 22

Time: 8:30 a.m. to 3:30 p.m.

Registration fee: \$85.00 (taxes included) For more information or to register:

Tel. or SMS: 450-671-8508 / Email: ayurveda.bitita@gmail.com