

Womb Health & Women's Well-Being: PCOS (Polycystic Ovary Syndrome)



*An Intensive Workshop with (Kundalini) Yoga, Meditation, Advice on
Nutrition, Herbs, Bajos, Supplements, Lifestyle & Aromatherapy*

Sunday 20 January 2019, 10am-6.30pm

Location: Leicester, UK

Teacher: dr. Japjeet Rajbir Kaur

During this one-day interactive workshop we will look in detail at PCOS (Polycystic Ovary Syndrome) and at a plethora of natural ways that you can use to not just manage symptoms but reverse the condition.

We will look at:

- what PCOS exactly is
- how it is diagnosed
- the 3 types of PCOS
- (a long list of) possible symptoms
- related health issues to monitor
- what conventional medicine offers as options for treating PCOS symptoms (and seeing which routes you have been taking so far, with discussions of the pros and cons you've experienced)
- some typical emotional contexts in which PCOS develops, with again an exploration of how they ring true for you
- nutrition
- supplements & micronutrient support

- herbal therapies
- lifestyle changes to recover from PCOS
- aromatherapy
- bajos (yoni steams)
- yoga & meditation

Energy exchange: £130 for the full day. Concessions are available for full-time students and attendees receiving benefits.

Included in this price are also some organic products such as an aromatherapy inhaler and a herbal blend, as well as handouts and recipes to take home with you!

(As for comparison: I also offer private consultations on PCOS, but they cost £50 per hour).

Tea & healthy snacks are included. Do bring your own lunch.

The workshop will normally take place at my house on 118 Bosworth Street, LE3 5RD. If numbers are too big, we will gather at a different venue nearby (you'll be kept up to date).

To sign up, contact Japjeet Kaur via japjeetkaur@shuniya-yoga.org.

Testimonials from previous attendees to this workshop:

"Japjeet, thank you SO much for such a wonderful, warm, nurturing workshop!! Thank you for creating such a safe and healing space for us, allowing us to BREATHE and RELAX! It was so helpful, and I can't wait to deepen my self-care and self-understanding, using all the tools you have given me. Thank you for being YOU! All my love and gratitude." (H. Kaur, 17 November 2018)

"Satnaam Japjeet Bhenji, Thank you for probably the most informative workshop I have attended! So much to consider, reflect and action. I started yesterday by enjoying a full day of self-care. Lots of nourishing fresh food, meditation, relaxing and a long soak with the detoxifying blend. Felt so good for doing it and intend to continue with this regularly. Still absorbing much of the content and am sure I will have some specific questions relating to it but for now, thank you & blessings." (Anon., 12 November 2018)

Info on all available workshops: <http://www.shuniya-yoga.org/workshops/> .



Teacher

Dr. Japjeet Rajbir Kaur Khalsa is a KRI (Kundalini Research Institute) and IKYTA (International Kundalini Yoga Teachers Association) - certified Kundalini Yoga teacher ('Aquarian Teacher Level 2'). She is also an Intern Teacher Trainer of the KRI Aquarian Trainer Academy, through Karam Kriya School under lead trainer Shiv Charan Singh. From 2008 until 2011 Japjeet taught KY in Belgium; since January 2012 she has been teaching KY in the UK and running retreats in mainly the UK and Belgium. Over the past years she has specialised in, amongst others, KY for stress-management, burnout, depression and anxiety; addiction recovery; pre- and postnatal yoga; and men's, women's and relationships teachings. Japjeet is also a nutrition & health coach and life & yoga coach. ThreeBestRated nominated her Shuniya Kundalini Yoga enterprise both in October 2017 and November 2018 as 'Best Business of 2017' resp. 'Best Business of 2018' for Leicester, UK and awarded her their 'badge of excellence'. More information about Japjeet and her classes can be found on www.shuniya-yoga.org.



Japjeet has a strong reputation for her incredibly rich yogic knowledge and her ability to bring deeply complex teachings in a way that is very easy to understand and grasp for all, whether students have any prior knowledge or not. She is deeply spiritual yet at the same time very down-to-earth and 'real', and she knows how to make the yogic teachings practical, tangible and easy to integrate in a modern Western life. She is very open and direct in her teachings and cuts to the essence, but does so with a lot of love for and always in service of the students.