

Womb Health & Women's Well-Being:

PCOS (Polycystic Ovary Syndrome)



An Intensive Workshop Series Exploring Both Classical Western Medicine & Holistic Approaches to PCOS; Diving into the Emotional Root Causes; Honing in on Advice on Nutrition, Supplements, Herbs, Bajos (Yoni Steams), Lifestyle Advice, Aromatherapy; & with Specialised Yoga & Meditation

Format: Weekly Zoom Workshops during the Autumn of 2025 – dates & times tbc (will be chosen together with the attendees). Recordings will be made available for those who cannot attend the live sessions.

Teacher: dr. Japjeet Rajbir Kaur

During these 6 online sessions, 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.

During **Session 1 (90mins)** we look at:

- what PCOS exactly is
- how it is diagnosed
- the 3 types of PCOS (insulin-resistant; inflammation-based; synthetic-hormone induced (i.e. induced by birth-control pill)) which will each ask for different holistic treatments
- the long and varied list of possible symptoms

- important 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 & cons you've experienced)
- time for questions & interaction

Session 2 (2 hours) focusses on:

- creating an understanding of the pillars of a holistic, “functional medicine” approach to PCOS
- nutrition
- supplements
- micronutrient support

(the above are all determined by which of the 3 types of PCOS it is)

- why it can be so difficult for women with PCOS to stick to new self-care habits they are trying to form, and how it's intrinsically linked *exactly* to their PCOS – and the importance of giving yourself some grace while you try to change this pattern

Session 3 (90mins) is dedicated to:

- herbal therapies
- aromatherapy (individual oils & recipes)
- ‘bajos’ (yoni / vaginal steams)
- lifestyle changes

In **Session 4 (90 mins)** we dive into:

- the 2 main emotional contexts in which PCOS typically develops (i.e. 2 typical Emotional Root Causes for PCOS), with an exploration of how they ring true for you
- Guided healing meditations to start addressing the above emotional root causes
- time for sharing

Sessions 5 & 6 (90 mins each), lastly, are 2 specialised yoga & meditation sessions that focus on crucial aspects of PCOS healing (liver health, hormone balance, and stress management). These sessions will be run for both the attendees of the PCOS Womb Health series AND the attendees of the Endometriosis Womb Health series (which will run roughly parallel with the PCOS series), as the focus I'm choosing for these sessions very much overlaps for both conditions.

Total: 9 ½ hours.

Energy exchange: £139.

(For comparison: I also offer private consultations on PCOS, but they cost £75 for the first hour, £70 per hour after that, and we typically need 2-3 hours to just cover the essentials, 4-5 hours to cover the full package I'm addressing here, and those hours still wouldn't include any yoga sessions yet, which are £75 for a 90mins 1-2-1 class).

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

***Testimonials** from previous attendees to this programme when offered as a full-day in-person 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/> .

About Dr. Japjeet Rajbir Kaur

Dr. Japjeet Rajbir Kaur (° in Belgium, but based in Leicester since 2012) gained her PhD in 19th-century literary studies and worked in academia (at K.U.Leuven in Belgium & Penn University in Philadelphia, USA) for over a decade before she left her academic career in 2011 to embark on a life fully focused on serving others in their journey towards consciousness, awareness and healing. She started teaching yoga and working as a holistic therapist in 2008 already, but since 2012 this has become her full-time employment.



She is a Kundalini Yoga & Yin Yoga teacher, a Closing the Bones practitioner & trainer, a Restorative Massage practitioner & trainer, a health & nutrition coach, life & yoga coach, and aromatherapist (with her own line of organic skincare and natural cleaning products).

She's been running women's circles & women's retreats for over a decade and a half. A lot of what she offers is centred around fertility problems, PCOS, endometriosis, painful periods, as well as sexual and/or birth trauma. Japjeet also teaches pregnancy, postnatal & baby yoga and is a pregnancy & postnatal doula.

For 9 years in a row (2017-2025), ThreeBestRated awarded her with their 'Badge of Excellence' as 'Best Business of the Year' for the category Yoga Classes in Leicester, testifying to the consistent quality of classes and services offered. GHP also awarded her 'Yoga School of the Year 2020 – Leicestershire', and she received the Central England's Prestige Awards for 'Yoga Studio of the Year' 2021-2022, for 'Yoga Specialist of the Year' 2022-2023 and for 'Specialist Yoga Studio of the Year' 2023-2024. Find out more about Japjeet on her website: www.shuniya-yoga.org.