



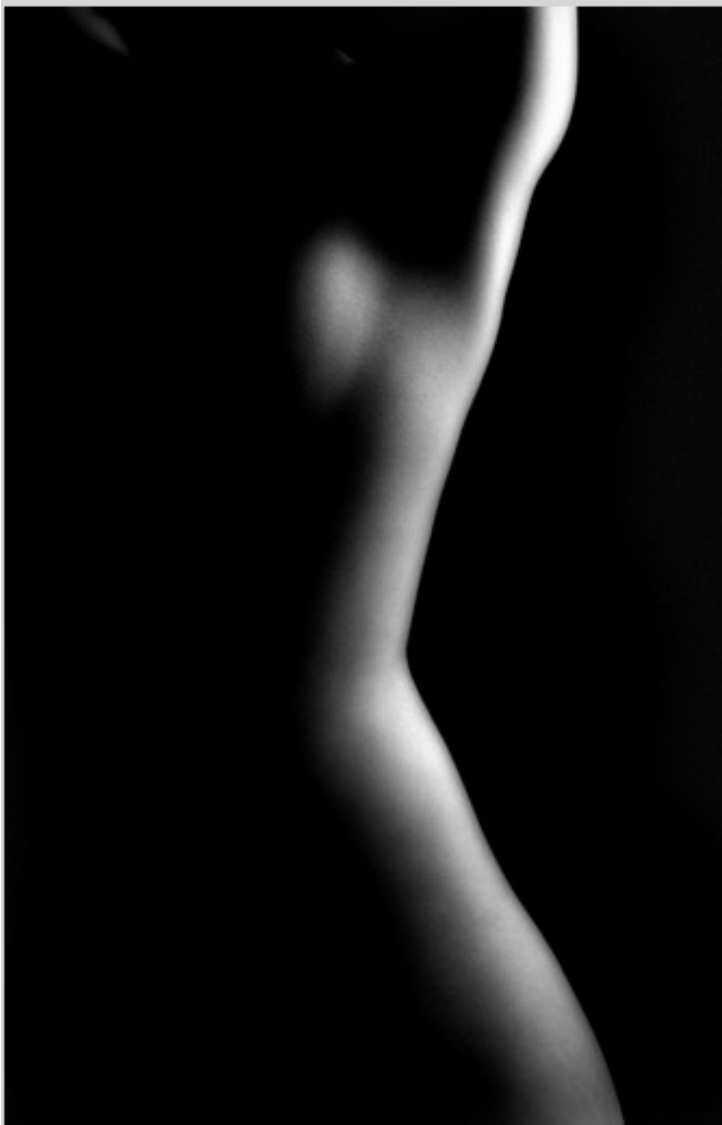
# Bliss Yoga Studio

the bliss of your true self

1563 Como Avenue St. Paul (651) 230-6510

## Women's Cycles Workshop

Our culture encourages women to medicate, suppress, ignore, or at the very least, to put up with our menstrual cycles. By using yoga to learn more about our bodies, we can embrace the cyclical hormonal rhythms that purify women and connect us to the earth. You



can create a more balanced, healthy menstrual cycle by understanding the *doshas*, working with *Apana*, the downward flow of energy, and eliminating causes of PMS. Learn poses and practices for each stage of the menstrual cycle, including those which ease cramps and low back pain, promote relaxation, stabilize emotions, and center you in a greater sense of well-being.

**Women's Cycles Workshop**

**Saturday May 8**

**1—3 pm**

**\$30**

**Pre-registration required**

[www.blissyogastudiomn.com](http://www.blissyogastudiomn.com)