



Wellwoman Yoga with Madhuri

Wednesdays
10.30am - 12noon
Drop-in // 1000 Rs

Well Woman Yoga classes are special women's classes which cater for individual needs related to reproductive health, before conception, between pregnancies or whenever women are drawn to nurture themselves in a more attentive way.

Drawing on the ancient Indian health system of Ayurveda this class offers selected yoga resources to promote mental and physical balance and a feeling of calm vitality. This is the key to a stress free and healthy new you.

Through its known effects on the neuroendocrine system yoga helps stabilise hormonal levels and creates new foundations for emotional stability besides physical benefits including improved blood circulation, postural alignment, muscle tone and balance. Practices are easy to follow for women of all ages, from beginners to the most experienced yoga practitioners. This class includes relaxation and cultivates calm, balances energy and vitality, detoxifies the body and promotes a sense of inner peace.

For info and booking contact 0777 603 503

**pranalounge.lk Holistic Health Center
60 Horton Place Colombo 7**