



## Hawaiian Healing Yoga®

INSPIRATION • RELAXATION • AWAKENING



**Saturday, October 21<sup>st</sup>, 2023 10am-4pm**

### **Hawaiian Healing Yoga will be hosting a Special One-Day Yoga/Balancing Hormone Health Retreat**

Join Us for a wonderful day of hormone health education with Dr. Heather Manley, Naturopathic Doctor. Includes lunch, snacks/tea and fresh pressed juice, two yoga sessions and meditation with Sound Bath

**\$150**

The endocrine system and its hormones are vital chemicals that allow us to feel great and enable our bodies to function at their best - metabolism, reproduction, mood, and sleep. However, they are sensitive, and any disruption to their balance may lead to health issues. Therefore, balanced hormones are crucial for your overall physical and mental wellness.

In this retreat, we will explore the functions of hormones within the thyroid, ovary, and adrenal glands and how they work intimately together. We will then focus on identifying and addressing possible hormonal imbalances and how we can support them through lifestyle modifications, dietary changes, herbal remedies, and other natural therapies.

We will also enjoy a chakra cleanse yoga class and discuss how each chakra relates to the endocrine system.

Please wear comfortable clothes for yoga movement, bring a warm long sleeve shirt, water bottle, and journal to write in.

**Full color workbook included to take notes and great tips to take home with you.**

**Come with your questions on how to balance your hormones!**

**To Register:**

**Text Stacey/Dan (808) 990-5131 Or Text Heather (808) 640-1159**