

# Women's Lives, Women's Transitions

## Understanding Body, Hormones, Mind and Breath

These Australian seminars will address the main health concerns of women including understanding hormonal changes, breast health, fertility, osteoporosis and lifestyle from a perspective that combines Ayurveda, Eastern Medicine and Western science.

Ayurvedic and Tantric texts utilize the breath as a powerful and instantaneous tool to affect our minds, hearts and bodies.

In the modern world stress is affecting each of us in surprising ways. It is a major culprit in hormonal imbalance and is at the root of most women's health concerns. Over the course of these weekends we will learn simple approaches to understanding stress and sex hormones, and apply nadi theory to practically address hormonal balance through breathing techniques.

Doctor of Oriental Medicine Claudia Welch lectures and teaches internationally on both Asian and Ayurvedic medicines demystifying secrets behind hormonal health providing an all-encompassing guide to achieving optimal health.

By virtue of her dedicated study and practice, Dr. Claudia Welch has succeeded at amalgamating Eastern medicine and Western science into a tidy and practical framework from whose clear perspective we can easily make sense of the complicated particulars of hormones and women's health. Anyone who is interested in women's wellbeing should do themselves a favor and attend this seminar. - Dr Robert Svoboda

Claudia is a fluent, eloquent, down to earth presenter who constantly feels the pulse of the audience. She discusses women's health issues, merging modern terms relating to female hormones and psychology with ancient contextual concepts and practical balancing techniques. She is keen to explore participant questions and lively interaction is a common feature at her workshops.



## Dr. Claudia Welch

**Sydney**  
2-4 March 2012

**Adelaide**  
9-11 March 2012

**Melbourne**  
16-18 March 2012

Organised by  
[yogamukti.com.au](http://yogamukti.com.au)  
[yogamoves.org](http://yogamoves.org)  
[ayaustralia.org](http://ayaustralia.org)  
[ayurvedaelements.com](http://ayurvedaelements.com)

### Sydney

Dates: 2-4 March 2012  
Venue: 7 Victor St Chatswood.  
Info: +612 9904 7754  
Web: [ayurvedaelements.com](http://ayurvedaelements.com)  
Email: [info@ayurvedaelements.com](mailto:info@ayurvedaelements.com)

### Adelaide

Dates: 9-11 March 2012  
Venue: 181 Angas St, Adelaide  
Info: +618 8232 8224  
Web: [yogamukti.com.au](http://yogamukti.com.au)  
Email: [yogamukti@esc.net.au](mailto:yogamukti@esc.net.au)

### Melbourne

Dates: 16-18 March 2012  
Venue: 2 William St, Balaclava  
Info: +610 487 408 464  
Web: [yogamoves.org](http://yogamoves.org)  
Email: [info@yogamoves.org](mailto:info@yogamoves.org)

## Program at all above venues

Friday	7pm - 8pm	Talk & book signing.
Saturday	10am - 1pm. 2:30-4:30pm	Balance Your Hormones, Balance Your Life.
Sunday	10am - 1pm. 2:30-4:30pm	Women's Lives, Women's Transitions.