

## Women's Vitality Sanctuary

### A Restorative Afternoon for Nervous System Nourishment, Hormonal Balance & Inner Clarity | Kundalini Yoga • Breathwork • Women's Health • Restorative Sound Bath

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#### Who this workshop is for:

This afternoon is designed for women aged 35–60 who want to understand and navigate the hormonal transitions of (peri)menopause with more ease, clarity, and support.

It is especially for women who:

- feel overwhelmed, stressed, or emotionally up and down
- are noticing changes in their energy, cycle, mood, or sleep - you just don't feel like you!
- want to understand how the nervous system and hormones interact
- are curious about natural, holistic ways to support their wellbeing
- desire a safe, nourishing space to reconnect with their body
- are interested in Kundalini Yoga, breathwork, and sound healing
- Women outside this age range are very welcome if they feel called or are simply curious about this important transition.
- No previous yoga experience is needed.

#### During the afternoon, you will gain clarity around:

- How (peri)menopause affects the nervous system & recognising signs of adrenal fatigue
- Why old emotional patterns or reactions can resurface
- What happens in the body during hormonal shifts
- Simple tools to balance stress, anxiety, and fatigue
- How breathwork combined with movement regulate the glandular system
- The role of rest, grounding, and sound in women's hormonal health
- You will leave with a new understanding of your body, more self-trust, and practical tools you can apply immediately in daily life.

#### You are welcome exactly as you are

Whether you are already moving through perimenopause, preparing for it, or simply wanting to understand your body more deeply, this afternoon offers a sanctuary of calm, connection, and renewal.

You will be guided through a deeply supportive experience combining:

- Breathwork to calm the nervous system
- Kundalini warm-ups & a gentle kriya designed for hormonal balance
- Meditation & mantra for emotional steadiness
- Reflection + integration moments
- Yoga Nidra-style guided rest
- A Sound Bath to help release tension, clear the mind, soothe the adrenals, and restore your inner vitality.

## Practical Details

**Date: Sunday 8th February**

**Time: 13:30-17:00 - please arrive 15 minutes in advance so we start on time.**

**Duration: 3.5 hours**

**Price: €60 advance payment by 20/01/2026 or 8 Soul Sound credits**

 **BONUS:** a 20 minute follow up call for personalised guidance included for early bookings

**Bring:** comfortable clothing, a bottle of water, and anything that helps you feel cosy (warm sweater or woollen shawl, socks, etc.)

Spaces are limited to preserve an intimate atmosphere.

[Register here and receive the information and payment details by email.](#)

## About Your Teacher – Fiona (Nav Jiwan Kaur)

Fiona is a Kundalini Yoga teacher, breathwork guide, and sound healer with over 17 years of experience supporting women through **stress, emotional overwhelm**, and the challenges of modern life. Her approach brings together ancient yogic practices and modern science, especially around the nervous system, stress physiology, and women's hormonal transitions. She is passionate about translating these principles into practical tools for everyday life.

Her exploration of women's vitality began through her own personal journey with perimenopause, where she discovered how profoundly **stress, hormones, and the nervous system** influence each other and how certain types of yoga, breathwork and sound supported her journey. This inspired her to create accessible, compassionate sessions that help women reconnect with their bodies, regulate their emotional landscape, and **build inner resilience** during times of change.

Fiona's teaching style is warm, grounded, and deeply human. She understands the realities of being a householder, a professional, and a woman navigating life transitions — and she creates a space where women feel safe, supported, and completely welcome, exactly as they are.

If you want to ask if this workshop is for you. Please reach out to our team: [info@yoga-space.be](mailto:info@yoga-space.be)