

# HORMONE YOGA THERAPY DINAH RODRIGUES

CREATOR OF THE HYT TECHNIQUE

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Hormone Yogatherapy courses in Brasil, in Europe, North America and all around the worlds will follow the model approved by IYTA and by YSA (Swiss Yoga Association) Y.S.A and Y.I.F. (Yoga India Federation)

The courses are done in 3 levels:

- Level I - for individual practice, also a pre-requisite for yoga teachers to move to level II
- Level II (is a test done at distance).
- Level II and III are open only for yoga teachers with a diploma.
- Level III teaches much theory, indications and contraindications, adaptation of exercises, etc. It prepares to teach Hormone Yoga Therapy



PRINT

To teach Hormone Yoga therapy it is absolutely necessary to do and be approved in levels I, II and III with Dinah Rodrigues. This specialization plan has been always followed in Brazil, Europe and North America since yoga therapy started many years ago.



## 2018 Courses

**JULY 1st/2nd**

**PRAGUE**

HORMONE YOGA THERAPY FOR WOMEN LEVEL I  
[dinah-inprague@seznam.cz](mailto:dinah-inprague@seznam.cz)

**JULY 3rd/4th**

**PRAGUE**

HORMONE YOGA THERAPY FOR WOMEN LEVEL II AND III  
[dinah-inprague@seznam.cz](mailto:dinah-inprague@seznam.cz)

**JULY 5th**

**PRAGUE**

Hormone Yoga Therapy for Women LEVEL I  
[Dinah-inprague@seznam.cz](mailto:Dinah-inprague@seznam.cz)

**JULY 6th/7th**

**PRAGUE**

HORMONE YOGA THERAPY FOR DIABETES LEVEL I  
[dinah-inprague@seznam.cz](mailto:dinah-inprague@seznam.cz)

**JULY 8th/9th**

**PRAGUE**

HORMONE YOGA THERAPY FOR DIABETES LEVEL II AND III  
[dinah-inprague@seznam.cz](mailto:dinah-inprague@seznam.cz)

## 2019 Courses

**MAY 4 to 10**

**ICELAND**

LECTURE AND PRESENTATION OF THE BOOK HORMONE YOGA THERAPY FOR WOMEN

**MAY 11th to 15th**

**LONDON**

Visiting Family

**MAY 16th to 15th**

**BERLIN**

Hormone Yoga therapy for Women Level I and instructions to answer level II  
[loewenb@web.de](mailto:loewenb@web.de)

**MAY 19th/20th**

**STRAUSBERG**

Hormone Yoga therapy for DIABETES Level I  
[hormonyoganet@web.de](mailto:hormonyoganet@web.de)

**MAY 24th/25th**

**STRAUSBERG**

Hormone Yoga therapy for Diabetes Level III  
[hormonyoganet@web.de](mailto:hormonyoganet@web.de)

**JULY 11th/12th**

**PRAGUE**

HORMONE YOGA ANTI-STRESS AND ANDROPAUSE LEVEL I  
dinah-inprague@seznam.cz

**JULY 13th/14th**

**PRAGUE**

HORMONE YOGA THERAPY ANTI-STRESS AND ANDROPAUSE LEVEL II  
AND III  
dinah-inprague@seznam.cz

**AGOSTO 4/5**

**BRASÍLIA (BRASIL)**

YOGA TERAPIA HORMONAL PARA MULHERES NIVEL I  
mrb.pires@hotmail.com

**AGOSTO 11/12**

**BRASÍLIA (BRASIL)**

YOGA TERAPIA HORMONAL PARA MULHERES NIVEL II e III  
mrb.pires@hotmail.com

**SETEMBRO 22/23**

**SÃO PAULO**

YOGA TERAPIA HORMONAL ANTIESTRESSE E ANDROPAUSA nível I  
marciapavaoyoga@gmail.com

**SETEMBRO 29/30**

**SÃO PAULO**

YOGA TERAPIA HORMONAL ANTIESTRESSE E ANDROPAUSA nível III  
marciapavaoyoga@gmail.com

**OUTUBRO 6/7**

**JUNDIAÍ**

Yoga Terapia Hormonal para Mulheres nível I  
fernanda.perlatti@gmail.com

**OUTUBRO 13/14**

**JUNDIAÍ**

Yoga Terapia Hormonal para Mulheres nível III  
fernanda.perlatti@gmail.com

**OUTUBRO 20/21**

**SÃO PAULO**

YOGA TERAPIA HORMONAL PARA MULHERES NIVEL I  
marciapavaoyoga@gmail.com

**OUTUBRO 27**

**SÃO PAULO**

PALESTRA SOBRE YOGA TERAPIA HORMONAL E ENVELHECIMENTO  
marciapavaoyoga@gmail.com

**NOVEMBRO 3/4**

**SÃO PAULO**

YOGA TERAPIA HORMONAL PARA DIABETE NIVEL I  
marciapavaoyoga@gmail.com

**NOVEMBRO 10/11**

**SÃO PAULO**

YOGA TERAPIA HORMONAL PARA DIABETE NIVEL III  
marciapavaoyoga@gmail.com

**NOVEMBRO 24/25**

**SÃO PAULO**

YOGA TERAPIA HORMONAL PARA MULHERES NIVEL III

**MAY 26th/27th**

**STRAUSBERG**

Hormone Yoga therapy for ANDROPAUSE Level I  
hormonyoganet@web.de

**JULY 29th/30th**

**STRAUSBERG**

Hormone Yoga therapy for ANDROPAUSE Level III  
hormonyoganet@web.de

**MAY 31st/JUN 1st**

**STRAUSBERG**

Hormone Yoga therapy for Women Level I  
Instructions for Level II  
hormonyoganet@web.de

**JUNE 3rd /4rt**

**STRAUSBERG**

Hormone Yoga therapy for Women Level III  
hormonyoganet@web.de

**JUNE 8th /9th**

**AIX EN PROVENCE**

Hormone Yoga Therapy for Women Level I  
Instructions for level II  
frederique@aixyogacommunity.com

**JUNE 11th/12th**

**AIX EN PROVENCE**

Hormone Yoga Therapy for Women second Level I  
frederique@aixyogacommunity.com

**JUNE 15th/16th**

**AIX EN PROVENCE**

Hormone Yoga Therapy for Women Level III  
frederique@aixyogacommunity.com

**JUNE 18th/19th**

**MILANO ITALY**

Hormone Yoga therapy for Women Level I  
Instructions for level II  
Carla.carlayoga@gmail.com

**JUNE 21st /22nd**

**MILANO ITALY**

Hormone Yoga therapy for Women Level III  
Carla.carlayoga@gmail.com

**JUNE 26th /27th**

**PRAGUE**

Hormone Yoga therapy for DIABETES Level I  
Instructions for Level II  
dinah-inprague@seznam.cz

**JUNE 30th /1st JULY**

**PRAGUE**

HORMONE YOGA THERAPY FOR WOMEN LEVEL I  
Orientation for Level II  
Dinah-inprague@seznam.cz

**JULY 2nd/3rd**

**PRAGUE**

HORMONE YOGA THERAPY FOR WOMEN LEVEL III  
Dinah-inprague@seznam.cz

**JULY 5th/6th**

**PRAGUE**

marciapavaoyoga@gmail.com

HORMONE YOGA THERAPY FOR MEN LEVEL I  
Instructions for Level II  
Dinah-inprague@seznam.cz

**JULY 7th/8th**

**PRAGUE**

HORMONE YOGA THERAPY FOR MEN LEVEL III  
Dinah-inprague@seznam.cz

**JULY 9th/8th**

**PRAGUE**

LECTURE ABOUT HORMONE YOGA THERAPY

You want to do the specialization to teach Hormone Yoga Therapy? [click here to know how to do >>](#)

## CONTACT ME

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HOME LANGUAGES

