

## **Hormon yoga course**

**Balance your hormones and align your life with  
your cycle**



**Belief becomes biology—Norman Cousins**

**The world we have created is a product of our thinking. It cannot be changed without  
changing our thinking—Albert Einstein**

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## Introduction

### From external control to inner guidance

The mind and the body are intimately linked via the immune, endocrine, central nervous, and connective tissue systems. Today, mind-body research is confirming what ancient healing traditions have always known: *that the body and the mind are a unity*. There is no disease that isn't mental and emotional as well as physical.

*Consciousness creates the body*, pure and simple. Consciousness isn't just in the head. It is far more vast than our brains and bodies and exists beyond time and space. On a practical day-to-day level, however, our consciousness is the part of us that chooses and directs our thoughts. Thoughts that are uplifting, nurturing, and loving create healthy biochemistry and healthy cells, while thoughts that are destructive to self or others do just the opposite. We are born with innate love and acceptance of our bodies. Overtime, our bodies and states of health are molded by the habitual thoughts and beliefs that guide our behavior, thoughts and beliefs usually laid down in childhood. To improve our lives and our health