

Harmony And Wellness Of Women

June 12-13 2010
JVB London

Seminar of theory and practice



**Held by Dianella Zammarchi
&
Gabriella Tagliacozzo**

- Highly qualified trainers and tutors
- Extensive experience of providing wellness treatments
- Exposure to study in Italy and Far East

PROGRAMME

4 sessions of 3 hours each:

Age: Above 40

Saturday, 12 June – 9:00am – 12noon

Sunday, 13 June – 9:00am – 12noon

Age: Below 40

Saturday, 12 June – 2:00 – 5:00pm

Sunday, 13 June – 2:00 – 5:00pm



Venue: Sayer Centre, Oxgate lane,
Cricklewood, London, NW2 7JN

Harmony

The achievement of a continuous positive flow, from the centre of Energy to the centre of Illumination feeding cells, muscles, organs, joints up to the psychic centres.

Wellness

All that a woman, the bearer of new life, will always have to take care of whatever and wherever any ailment should arise.

A woman's abdomen plays a most precious task. At any age, the awareness of irrefutable balance between its organs and her physical and spiritual body is a must, in order to achieve a close, spiritual intercommunication.

The Seminar

The proposed seminar aims at fulfilling this harmonising connection, between the physical and psychic centres of our body, along a path through which the flow of energy, breath and light moves freely.

SEMINAR AIMS

The aim of the seminar is to increase awareness and consciousness of the distinctive features in a woman's body, with a special insight into their overall impact on her life and well being.

Exercise is proposed with a pattern that has rhythm as its special mark. Rhythm to release the vital energy of a woman, to regenerate the inner balance which will revitalize her power to cope with anxiety, weight, swelling, constipation, prolapse of the uterus, hot flashes and, finally, restore an unbiased mood, when menopause seems to have overturned our life. Rhythm, like a primitive dance, that reinforces our roots in the Mother Earth.

Exercise also for the young who suffer from hormonal imbalance and related complaints such as Amenorrhea, painful Dysmenorrhoea, headaches or others.

Finally, specific soft exercise will be proposed to alleviate ailments during pregnancy and to finally face an easy delivery, with even mood and serenity.

BASIC PRINCIPLES

The basis of the proposed exercise is a synthesis of movement and adequate breathing, the union of which will bring true wellness as we follow the step-by-step practice.

Whatever the issue, the wellness we aim at should help engage ourselves in facing daily difficulties with due balance and harmony.

We strongly believe that this long-studied practice may function as a preventative targeted-therapy which, besides keeping inner balance, is a discipline through which we may achieve the ability to feel and perceive inner female workings and, consequently, a training to keep control of all the important muscles.

As blood circulation is activated in the pelvic area, there will be positive effects that will balance the flow of energy and warmth around the whole abdomen, then up to the stomach and chest. Meditation and visualization will make women get used to a continuous, deep view of their innermost self so that all blocks of emotions will find a way out to achieve a sense of true gratefulness.

DIANELLA ZAMMARCHI

After receiving a University Degree in Physiotherapy, Dianella started her career as a therapist in a local Spa resort. She pursued an interest in Eastern treatments and went to Japan where she attended preparatory courses over one year held by M^o Yuji Yahiro.

Back to Italy, thanks to the qualifications (Diploma) achieved in Japan, she opened a centre of her own and started courses of Yoga Lessons. She continued her studies and got a Diploma as a trainer in Meiso Shiatsu treatment. In 1995, she attended a 10-day Seminar in Ladnun, India, held by Acharya Tulsi.

She is now also a qualified trainer for operators in the fields of Gynaecological Problems, Menopause, Pregnancy and Delivery Preparation and holds regular courses in these fields, in her center - Niko Niko in Rimini.

GABRIELLA TAGLIACOZZO

Gabriella has a University degree in Biology and Diplomas in Yoga as trainee as well as trainer, plus all the Qualifications as a trainer for operators in the fields of Gynaecological Problems, Menopause, Pregnancy and Delivery Preparation. She holds regular courses in these fields besides regular yoga sessions in her centre in Naples.

In 2000, she also attended a 1-month Seminar in Ladnun, India. She regularly attends training with M^o Yuji Yahiro.