

GYM

Welcome to our newly built, modern 30 square meters multipurpose room*. It's a perfect place for your morning stretch out or your daily yoga routine. The place is equipped with yoga mattresses, basic workout tools (fitness stability ball, gym weights). Underfloor heating system makes sure our gym can be used all year around.

Yoga

Private or group Hormone yoga therapy sessions with recognized yoga teacher Alenka Kosorok Humar** are available by an appointment. Alenka, the author of the book "Hormone yoga: Poetically dynamic manual for a balanced hormonal life" gained her knowledge of hormone yoga and well balanced neuroendocrine system of body and mind.

Qigong

"Life Energy Cultivation" is a practice of aligning body, breath, and mind for health, meditation, and specially addressed to balance neuroendocrine system. With roots in Chinese medicine, philosophy, and martial arts, qigong is very traditionally viewed as a practice to cultivate and balance qi (chi) – life energy. Alenka teaches and give also private qigong sessions of **Radiant Lotus Qigong**.

Energy healing massage

In addition welcome to a refreshing energetic healing massage, starting with the reflexology of your feet, which is both relaxing and balancing the physical and energetic bodies. It is a holistic practice that activates the subtle energy systems and removes blockages. By special appointment with Alenka.

*The place can also be used as a cinema, a play room for your kids, business meeting or any kind of similar event.

****ALENKA KOSOROK HUMAR** has been studying anatomy of movement (yoga, qigong, Pilates, dance) and kinesiology of words (likes to write and play with words) for more than last 3 decades. Here she is, so many years into this journey and still passionately digging deeper: learning,

discovering, growing and teaching. She is a certified hatha yoga instructor who holds an international certificate in Hormone Yoga Therapy received by methods author **Dinah Rodrigues and qigong instructor (Radiant Lotus QIGONG by Daisy Lee)**. In addition she holds a certificate in Reflexo-therapy and Energetic Healing. With Cancer in her Sun and ascendant in Aquarius, Alenka would like yoga and its beneficial effects to be introduced to the widest possible audience. For the last few years she has focused much of her attention and study on the way hormones effect our bodies, hoping to share the enormous amount of information and knowledge she has gained. With this in mind she has started teaching workshops and intensive **Hormonal yoga Therapy classes** several years ago using a style of very natural yoga therapy that incorporates dynamic movement and special staged positions - with help from **Bastrika breathing and Tibetan energy techniques**. Using this practice enables us to balance our endocrine glands and maintain the correct hormonal levels in our bodies.

Alenka has also written several manuals for balance of the endocrine system to aid her in teaching her techniques. Her book *HORMONSKA JOGA* (about healthy and fluent life style) has been published in 2013, Zalozba Eno). Currently she also has practice in a new studio at Bled, Slovenia, HOME apartments, staying in a good shape with project *HORMONY HOME* (yoga&qigong&healing retreats and classes).