

# WOMEN'S HEALTH

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**KDHSL 1991**  
**Yoga Teacher**



## **What work do you do and why did you choose this field?**

I am a yoga teacher and owner of a yoga studio called Yoga Lova. I came to yoga after the birth of my first child nearly 20 years ago. At the time I was working at a large listed corporate and turned to yoga for post-natal depression. From the very first class that I attended, I found a quietness and relief from the anxiety that I had never before experienced in other forms of exercise. When I came to a turning point in my career 7 years later, I decided to

take a year off and complete a yoga teacher training course. I never intended to teach yoga when I did the course. However, after I qualified, my passion for yoga was translated into a career and I began teaching yoga full time. I am so grateful to do what I love every day. I know that it sounds cliched, but often teaching yoga gives me the same peace that I get from practicing yoga. And the best part is that after teaching each class, I am so grateful that I can give over some of this quietness to my students.

## **Why is it important for women to practice self-care?**

Women spend their time taking care of others. Especially in today's world where many women work, but are still expected to fulfil the role of homemaker, wife, mother, friend, driver etc. Their hands are full with responsibilities and "being too busy" has become fashionable. Women have a lot of cups to fill. However, in order to fill everyone else's cups, it is vital that their own cups are filled. You cannot give to others what you don't have yourself. When we do too much for too long without a break, it leads to burnout. Practicing self-care is not selfish and self-indulgent, it is absolutely essential for mental and emotional health.

## **What small practices or actions can women take today to protect their health?**

Prioritising self-care involves commitment. The more you commit to small practices, the more they become a habit and part of your daily routine. Here are a few things that I try and implement (not always successfully!):

- Find the small joys in every day by changing your mindset to see the good

- Don't over commit, you only do yourself and those close to you harm
- Schedule time for yourself and use that time for things that are important to you, whether it be a yoga class, a run, art lessons, a walk, spa day etc
- Go to bed early and wake up early
- Eat fresh healthy food
- Take a break when you need it
- Take up Yoga
- Learn to breathe properly. This is a gift you can do anywhere, anytime and create quietness even when there is chaos around you
- Don't overthink things. Every day the sun will come up, it will be a brand-new day and things always feel better in the morning

## **What Jewish woman (past or present) inspires you and why?**

There are many Jewish woman that I am inspired by and often refer to, including Edith Eger, Golda Meir, Sheryl Sandberg to name a tiny handful. However, it is the women in my day-to-day life that are my mentors. I am blessed to have amazing friends, who uplift me daily. Women need close, reciprocal relationships, whereby you can be the best (and sometimes worst) version of yourself. I am also very connected to Yiddishkeit and try and listen to shiurim daily by some incredibly powerful, learned and brilliant Jewish women. These secret heroes often get me through my week and unfortunately, I am certain they would not want to be named!

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