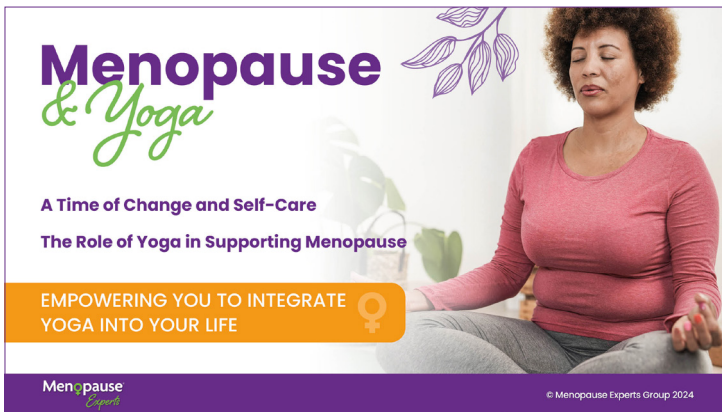




Slide 1



Slide 2



Slide 3

Introduction

Acknowledge that menopause is a period of significant physical and emotional changes. While challenging, it's also an opportunity to prioritize self-care and wellbeing. Yoga offers a holistic approach to managing menopause symptoms and enhancing overall health.

Objective

Today's session will introduce you to yoga, explain how it works, and guide you on how to integrate yoga into your life during menopause for balance and wellness.

Definition

Explain that yoga is a holistic practice that integrates the body, mind, and spirit through physical postures, breath control, and meditation. It's more than just exercise; it's a way to cultivate balance and harmony within oneself.

Origins

Share that yoga has its roots in ancient Indian philosophy and has been practiced for thousands of years as a way to achieve physical, mental, and spiritual wellbeing.

Principle of Yoga

Introduce the three main components of yoga:

Asanas The physical postures that stretch and strengthen the body, improving flexibility and balance.

Pranayama Breathing exercises that help calm the mind, reduce stress, and increase vitality.

Dhyana Meditation practices that focus the mind and promote a sense of inner peace.

Physical Benefits

Discuss how yoga helps improve physical health by increasing flexibility, balance, and muscle strength. It also supports cardiovascular health and enhances circulation, which can be particularly beneficial during menopause.

Mental and Emotional Benefits

Highlight that yoga is also effective in reducing stress and anxiety, promoting relaxation, and improving sleep quality—all of which are crucial during menopause. Additionally, yoga fosters greater self-awareness and emotional stability.

Holistic Approach

Emphasise that yoga is a holistic practice, meaning it considers the interconnectedness of the body, mind, and spirit. This comprehensive approach makes yoga a powerful tool for managing the diverse symptoms of menopause.



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Asanas

Explain that asanas are the physical postures in yoga designed to improve strength, flexibility, and balance. Provide examples like Downward Dog (Adho Mukha Svanasana), which stretches and strengthens the body, Warrior Poses (Virabhadrasana), which build strength and focus, and Child's Pose (Balasana), which is restorative and calming.

Pranayama

Discuss pranayama, the practice of breath control, which is key to calming the mind and energizing the body. Introduce techniques like Ujjayi Breath, which promotes relaxation, and Nadi Shodhana, a balancing practice that clears energy channels.

Dhyana

Cover the principle of dhyana, or meditation, which is the practice of focused attention. Examples include guided meditation, where one follows verbal instructions to relax, and mindfulness meditation,



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Reduces Stress and Anxiety

Explain that yoga's emphasis on deep breathing and mindful movement helps activate the parasympathetic nervous system, which reduces stress and anxiety—a common challenge during menopause.

Balances Hormones

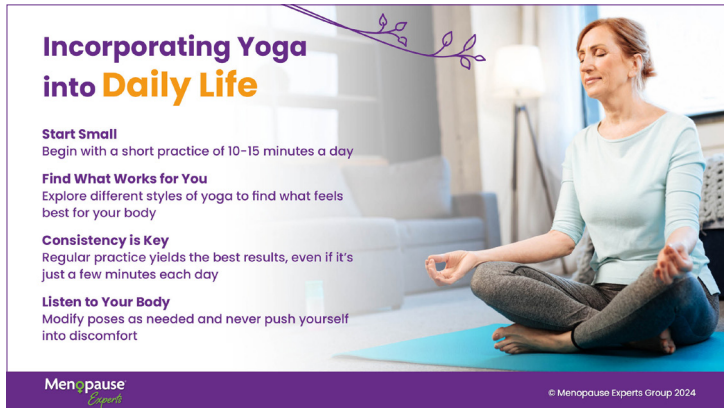
Mention that certain yoga poses can stimulate glands in the endocrine system, supporting hormone balance and alleviating symptoms like hot flashes and mood swings.

Improves Sleep

Highlight that practicing yoga regularly can lead to improved sleep quality, as it promotes relaxation and reduces the physical and mental tension that can disrupt sleep.

Enhances Emotional Wellbeing

Discuss how yoga fosters emotional wellbeing by encouraging self compassion and helping individuals build resilience in the face of



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Start Small

Encourage participants to start with a short, manageable yoga practice of 10-15 minutes each day. Emphasise that starting small helps build consistency.

Find What Works for You

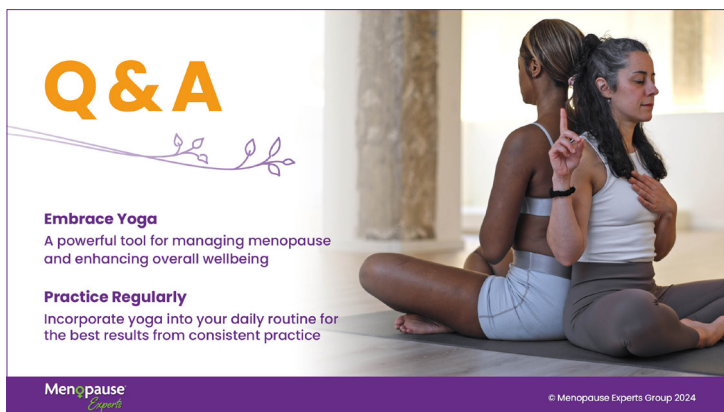
Suggest exploring different styles of yoga, such as Hatha, Vinyasa, or Restorative Yoga, to find what best suits their body and needs.

Consistency is Key

Stress that the benefits of yoga come with regular practice. It's more effective to practice for a few minutes each day than to do a longer session sporadically.

Listen to Your Body

Remind participants to listen to their body's signals and modify poses as necessary. Yoga should never be painful—respecting your body's limits is crucial for a safe and effective practice.



Slide 7

Conclusion

Reiterate that yoga is a powerful practice that can support physical, emotional, and mental wellbeing during menopause. Encourage participants to embrace yoga as a regular part of their self-care routine.

Practice Regularly

Stress the importance of consistency in practicing yoga to experience its full benefits.

Q&A

Invite participants to ask questions or share their experiences with yoga, fostering an open and supportive discussion.

This presentation introduces yoga as a supportive practice for managing menopause, explaining its principles, benefits, and how to integrate it into daily life. It also includes an example sequence that could be used in a workshop setting, providing participants with a practical starting point for their yoga journey.

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