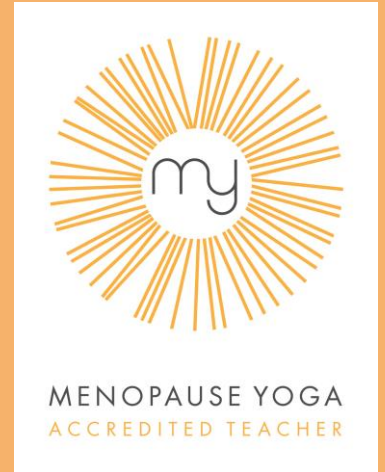


Menopause and Yoga



Masniari Hamonangan Nasoetion
Certified Yoga Teacher and Menopause Yoga teacher
Certified Menopause Wellness Practitioner
Certified Aerial Yoga Teacher



The 'Second Spring'

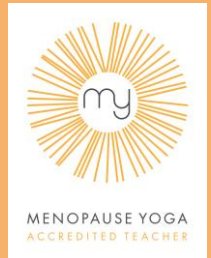
'Menopause is a bio-psycho-social-spiritual journey.
Where you take that journey is up to you'

"Wrap yourself in kindness and self-compassion.

My mantra is to 'Nurture and Nourish' yourself with whatever feels supportive for you."



Petra Coveney



What is Menopause Yoga

Specialised yoga practice and positive wellbeing programme designed to support women in their menopausal journey, to support/embrace, educate and empower women, and create a positive concept of second spring, to allow time for renewal and self empowerment, for self transformation and growth, to allow kindness/compassion and self acceptance.

Benefits of Yoga for Menopause:

- Lowers stress levels
- Lowers/reduces physical pain and discomfort
- Decrease in hot flushes
- Reduced blood pressure
- Excellent for joints
- Release of tension from your shoulders, neck and upper back
- Increased concentration
- Increased body awareness
- Stress management and relaxation



MENOPAUSE YOGA
ACCREDITED TEACHER

Why do Yoga during Menopause

- Yoga is an important tool to provide psychological and emotional support for symptoms that arise during menopause.
- Yoga has been proven to reduce stress levels, helps to calm our parasympathetic nervous system, and balance the hormones.
- Yoga helps us to navigate the menopause symptoms, it slows down our system, and helps us befriend and listen to our body as we go through transition and change.
- Yoga helps us learn how to deeply rest, to understand how to move in ways that boost our physical, mental and emotional health, and also how to listen to our intuition more.
- Yoga help to alleviate the symptoms of Menopause as well as providing a positive approach to entering what we now call 'The Second Spring'.



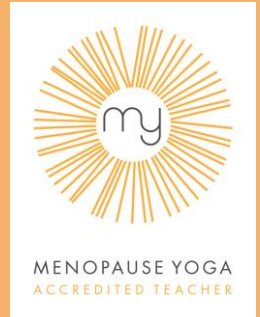
HOW YOGA SUPPORTS AGEING:

“Yoga appears to have a wide range of benefits including increased mobility; reduced risk for slip and fall; protection against cognitive decline; increased flexibility, strength, and balance; and improved sleep and mental well-being”.

Madhivanan et al

5 ways Yoga helps as you get older:

- Maintaining muscle mass
- Strengthen bones
- Joint flexibility
- Weight control
- Improved balance



Yoga for Menopause

Finding Ease

You may feel that you suddenly feel unable to cope with situations, and you may feel overwhelmed by simple things, such as day-to-day living.

Imbalances in hormone levels can lead to loss of focus, motivation, and anxiety.

If you are experiencing anxiety you certainly are not alone.

Anxiety can happen to anyone.

During perimenopause, estrogen spikes (or progesterone plummets), causing anxiety, nervousness, and irritability.

Anxiety is a normal human response to stressful situations.

It is important to rest and restore particularly during this phase of menopause.



Yoga for Menopause

Managing Menorage and Irritability

Menorage is a modern phrase for the mood swing and specifically the irritability and quick(hot) temper that women may experience in the menopause.

Extreme mood swings are linked to both declining oestrogen and progesterone hormones. Fluctuations in these hormones can cause menopause mood disorders.

The surge of anger is so common, there is now a term coined for the sudden rush of angry outburst. Women call it 'Menorage'.

What causes Menorage?

- Lifestyle
- High stress level cause by high levels of cortisol and adrenaline
- Nutrition (alcohol, caffeine, sugar, fast food and general poor nutrition)
- Lack of structure to daily lives
- Work - life imbalance (no time for self care)
- Family responsibility overload
- Lack of sleep
- Social isolation and lack of support.



Yoga for Menopause

Release into coolness

A hot flash is the sudden feeling of warmth in the upper body, which is usually most intense over the face, neck and chest. Your skin might redden, as if you're blushing.

A hot flash can also cause sweating. Night sweats are hot flashes that happen at night, and they may disrupt your sleep.

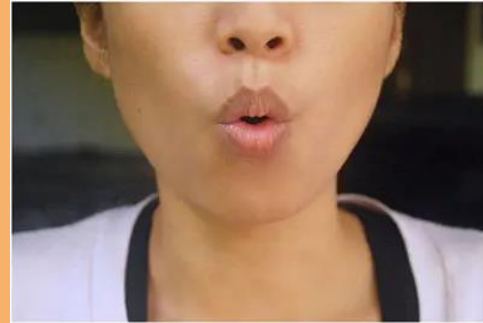
Hot flashes are the most common symptom of the menopausal transition.

The frequency and intensity of hot flashes vary among women. Hot flashes may be mild or so intense that they disrupt daily activities.

Managing stress can help regulate the body's levels of hormones like estrogen and reduce the frequency or severity of hot flashes.

Common causes and triggers of hot flashes include:

- Caffeine
- Alcohol
- Smoking
- Pregnancy
- Stress and anxiety
- Hyperthyroidism
- Low oestrogen levels
- Certain medications, such as: opioids, steroids, and antidepressants.



Yoga for Menopause

Welcoming the Second Spring

Some women managed the menopause transition smoothly and some experienced symptoms long into their post menopause.

Menopause yoga can help women find a new equilibrium with a carefully structured yoga practices aimed to energised metabolism, building bone density and strengthening muscles.

Menopause yoga can help them relight their fire or zesty for life.

Menopause Yoga aim to help women to transition top second spring- the concept of second youth with vitality, insight, and a sense of empowerment.



Walk Slowly

It only takes a reminder to breathe,

A moment to be still, and just like that,

Something in me settles, softens, makes space for imperfection.

The harsh voice of judgement drops to a whisper and I remember again that life isn't relay race;

that we will all cross the finish line; that waking up to life is what we are born for.

As many times as I forget, catch myself charging forward without even knowing where I am going, that many times I can make my choice to stop, to breathe, and be, and walk slowly into the mystery.


Danna Faulds,

From Go In and In: Poems from the Heart of Yoga

Future Events


SIGN UP NOW

GENTLE FLOW YOGA




Gentle flow is about slowing down and concentrating on your mind-body connection.

Every Wednesday Morning
9.45 am
Fusion Yoga Studio - Ripley
£ 8.50/person



Menopause Yoga Workshop




Moving into stillness 'anxiety and overwhelm'

Crystal Clear 'Brain fog and fatigue'


welcoming the 'Second Spring'

Release into coolness 'Hot Flushes'

Soothing Menopause rage and irritability



www.namasyoga.co.uk



Menopause Yoga Workshop Schedule

Sunday, 21st January 2024
Release Into Coolness

Sunday, 18th February 2024
Soothing Anger

Sunday, 17th March 2024
Moving into Stillness

Sunday, 21st April 2024
Managing Anxiety, Brain Fog and Fatigue

Sunday, 26th May 2024
Welcoming the 'Second Spring'

YOGA FOR ALL



Hatha Vinyasa Yoga, connecting steady and flowing movement with breath. This yoga practice will help build strength and flexibility, helps boost energy and health. And also promotes calmness and mental focus.

Every Wednesday Evening
19.30 pm
Our Lady of Good Counsel RC
Hilltop - Eastwood

£ 6.50/person

SIGN UP NOW



SLOW FLOW YOGA


Slow yoga practice that will help build a stronger body, while also helping you to improve mindfulness, breathwork, flexibility, balance, and strength.

Every Wednesday Evening
18.15 pm
Our Lady of Good Counsel RC
Hilltop - Eastwood

£ 6.50/person



SIGN UP NOW



For info:
www.namasyoga.co.uk
namasyoga2021@gmail.com
Instagram: Namasyoga1976
Facebook: Namasyoga - Nottingham

Thank you



Any question?

