



Jacqueline Rose - The Yoga Room – The Menopause Coach

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5 Days of Feeling Fantastic  
Yoga-based Solutions for Managing your Menopause Symptoms

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**DISCLAIMER:**

The contents of this workbook are for informational purposes only and are not a substitute for professional medical advice, diagnosis or treatment.

Always seek the advice of your doctor or other qualified health care provider with any questions you have regarding any medical conditions and before you start any new diet, nutrition plan or exercise.

All information in this workbook are recommendations only. Results will vary with each woman.

The Yoga Room is not responsible for any adverse effects resulting from your use or reliance on any information contained herein.

## Welcome to Five Days of Feeling Fantastic.

I am so happy that you are here!

This workbook is designed to be used together with the daily videos which appear in my Facebook group ([www.facebook.com/groups/themenopausesisterhood](http://www.facebook.com/groups/themenopausesisterhood)) during the Five Day experience.

If you can't watch in real-time that's absolutely fine, you can catch all the videos on replay in the group.

Make sure to watch the videos together with this booklet, to ensure that you practice the yoga poses in the safest way for you!

Over these five days we will take a deep dive into five common menopause symptoms and I offer yoga based strategies, to help you relieve the effects of each of these symptoms. I recommend spending a few minutes to breath deep (activating your lungs) and calm yourself before you start each day's practice. Each day you can spend a few minutes working on the previous days' poses. That way, by the end of the week you will have a short yoga sequence that you can practice whenever you want!

Please be aware: This is NOT meant to be an exhaustive list of menopause symptoms or the ONLY way to treat and manage them. There are anywhere between 35-60 potential physical, emotional and mental health challenges that a woman can experience during her menopause journey. You may experience some or many, to different extremes and at different points along the journey.

However, this five day program DOES give you

- \*the first steps to creating awareness of what is going on in your body during your mid-life years.
- \*deepen your understanding of how your body works during this stage of life and how menopause symptoms can show up.
- \* very practical and easy-to-implement yoga based strategies to manage your menopause symptoms.
- \* get you empowered to take practical action and begin to feel fantastic!

I can't wait for you to start the program!

Jacqueline xx

## Day 4

**You Feel** – Stiff joints (hips, lower back, neck and shoulders) when you wake up/move from sitting.

**You Want to Feel** – More flexibility and able to move around without pain.

Think about how many hours a day you are sitting – and then you will understand why you may be suffering from stiff joints and pain in the hips and lower back area.

Our modern society has created a sedentary lifestyle, where unless we go for a run or to the gym, we just don't move very much. Our only movement is a few minutes of walking from one sitting position to another – from the car to the work desk, from one room in our house to another. This sedentary lifestyle has major implication for our muscle flexibility, our bone density, our body alignment and joint flexibility.

Stiff joints are even more profound for women on their menopause journey. During this time our fluctuating eostrogen levels result in less elasticity and fluidity in our muscles and joints. When we combine sitting for long periods of time together with a loss of elasticity it is clear to see why we would experience stiff joints, lower back pain and hip pain.

### **Yoga Practice:**

Start this practice by lying on your back for a few minutes in a comfortable position. Breath deep, through your lungs, allowing yourself to get calm and ready for yoga practice.

*Hip Openers, hip turns, hip twists:* This yoga practice focuses on opening up the main area of the body that suffers from stiffness and immobility – the hips and lower back. By moving and opening the hip joints every day you will notice a dramatic improvement in pain and stiffness in the whole pelvic/lower back area.

These poses can be done first thing in the morning before you even get out of bed. They can also be done standing up (holding on to a wall or desk for balance).

*Easy shoulder/neck release poses.*

Check out the Day 4 video on facebook to follow along with this pose.

*Use this page to write your own thoughts about your Yoga practice.*

How does your body feel before practice?

How does your body feel after practice?

How does your body feel in the poses – do you need extra support?

What new thing did you learn about your body during your Yoga practice?