



Jacqueline Rose - The Yoga Room – The Menopause Coach

theyogaroom120@gmail.com * www.theyogaroom120.com

www.facebook.com/theyogaroom120 * www.instagram.com/theyogaroom120

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

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) 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 5

You Feel – Fuzzy or foggy brain, not able to focus or concentrate.

You Want to Feel – Clear headed and able to focus on a task.

Women, just like YOU, juggle every day with personal, family and work responsibilities. Sometimes the work-life-play balance is not aligned and you feel overwhelmed and totally out of balance by how much you have to do. Life becomes too busy, you end up running around, not giving your time, energy and focus to any one thing.

You feel overwhelmed, you can't get through your long To-Do list and it can be very difficult to focus on the tasks at hand and be in the moment of what you need do. This situation is made even worse for women on their menopause journey. The hormonal fluctuations (and hot flushes if you experience those too) during this time can lead to serious brain fog, forgetfulness and lower cognitive function.

Brain fog, fuzzy brain and lack of focus can be quite debilitating for women who are used to function at high levels (whether at work or home) and living within the delicate balance of juggling life responsibilities. So take a breath, let's quiet our brain, and gently stimulate brain function to help us get control of these overwhelming feelings!

Yoga Practice:

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

Opposite arm-leg movements: This yoga practice stimulates both sides of the brain so that your brain can "take a break". It allows the brain to disconnect for a bit and refresh itself. This will allow you to refocus your attention on what needs to get done with a clear head. This practice is ideal during a lunch-break (just before you eat!) or first thing in the morning.

On all fours – lift opposite arm and leg.

Sitting/Standing – cross opposite arm and leg

Check out the Day 5 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?