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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 1

You Feel - Tired and sluggish, low energy.

You Want to Feel – Energized and awake, able to complete tasks.

Most women who generally have good overall health and are not suffering from a chronic medical condition, will feel sluggish or low energy for a variety of reasons: lifestyle, natural hormonal cycles or poor nutrition. Each of these should be looked at individually to improve overall long-term health and wellbeing.

However, when you are on your menopause journey your changing hormones, in addition to stress that you may have experienced over the years, can lead to you having low energy and feeling tired during the day. Our sedentary lifestyle and lack of blood flow stimulation around our body during the day can also make us feel lethargic. Sleeping more, which is always beneficial, will not necessarily improve the situation during mid-life, if your hormones are out of balance and your adrenal glands are working over time!

This short yoga practice can help you stimulate blood flow to all parts of your body. and help you get more energized when a low energy or sluggish feeling hits during the day. It also helps to reduce your stress hormones and create calm within your nervous system.

It is a great practice to do first thing in the morning to get yourself ready for a busy day ahead.

Yoga Practice:

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

Deep breathing allows your body to activate the para-sympathetic nervous system and create feelings of calm and being relaxed.

Sun Salutation Flow Cycle. This flow cycle combines a number of poses done consecutively to create a deep stretch in multiple muscles, stimulate blood flow across the whole body and increase overall energy. It is a great "wake-me-up" practice.

Check out the Day 1 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?