



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 2

**You Feel** – Hot Flashes, night sweats, feeling like there is a heat source burning inside you.

**You Want to Feel** – Hot flashes free, balanced body temperature all day and night.

Hot flashes and night sweats is something very unique to women in mid-life.

One minute you can feel fine and then next you can feel like there is a burning fire inside you. The sudden change from feeling fine to feel overwhelmed by heat can be debilitating and embarrassing. It can happen anytime, anywhere and lasts from a few seconds to a few minutes until it eventually passes. You start to feel the heat rising, your cheeks may turn burning red, you often begin to sweat and you can't focus on anything other than trying to find a way to cool yourself down.

Night sweats can be even more troublesome as they often affect sleep. You may have no problem falling asleep but you can wake in the middle of the night dripping in sweat and feeling a desperate need to remove all your clothes.

There are a number of ways to relieve your hot flashes and night sweats, including taking natural supplements like black cohosh or eating estrogen rich foods.

The other things to do include reducing your stress levels (which help trigger the hot flashes), deep breathing when the hot flashes arrive, and creating hormonal balance to limit the experience.

### **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.

*Child's pose:* Release your whole body in child's pose – notice the position of the shoulders and back, breathe into your back and release.

*Ujjayi deep breathing:* Focus on deep, low vibration breathing which helps to focus you inwards, and disconnect from the noise around you.

Fast and dynamic poses to help stimulate blood flow and sweating in a controlled environment.

Check out the Day 2 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?