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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.

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.

Day 3

You Feel – Bloating, cramps, digestive uncomfortableness, constipation

You Want to Feel – Lighter, less bloated, less gassy, no stomach pains.

Many women suffer from digestive issues, bloatedness, and general feeling of uncomfortableness in the stomach area and even constipation. Much of this is related to nutrition, lifestyle, hormone cycles and stage of life. Suffering however is not a 'must' and there are plenty of Yoga ways to relieve digestive issues that affect and interrupt your daily life.

As you go along your menopause journey, you may find that foods that didn't bother you before start to affect your digestive system more now. Our bodies are changing, our hormones are changing and food that never caused you a problem before, may start creating digestive issues now. It may be necessary to re-assess the types of food you are eating and make some changes to when you eat, making small changes to adapt to the new reality in how your body responds to your food intake.

Another reason for bloatedness or feeling gassy, is doing "short breathing". This means you don't find opportunities to breathe deeply and activating your diaphragm. When the diaphragm doesn't move enough, good blood flow to the internal digestive organs is limited. A few minutes of deep breathing can bring short term relief to many of the uncomfortable digestive feelings fairly quickly.

Yoga Practice:

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

Pay particular attention to your lungs and stomach expand and grow as you breathe in and contract and fall as you breathe out.

Opening up digestive system (women's pose): These yoga poses will help you to massage the stomach and internal digestive organs, open up the digestive system and stimulate blood flow to enable the digestive system to work more effectively.

Bring knees up to chest: massage digestive area, gentle turns, and twists.

One knee up to chest – one leg straight

Cobra pose moving into Up-facing Dog: lie on your stomach.

Check out the Day 3 video on facebook to follow along with this pose.

Day 4

You Feel – Stiff joints (hips, lower back) 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 oestrogen 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. Breathe 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).

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

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?