



Jacqueline Rose - The Yoga Room – The Menopause Coach

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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) 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 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.

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?