



## Menopause Yoga

Managing menopause symptoms with evidenced-based techniques from the realm of yoga.

By Petra Coveney

**W**hat is the menopause? 'The menopause' is a medical phrase used to describe the hormonal transition from peri-menopause, when a person's menstrual bleeds become irregular, to 'menopause' which is 12 months without a menstrual bleed.

Some women will transition through this time of life with few symptoms. However, many others struggle with the hormonal instability which can lead to more than 34 symptoms affecting their body, brain and emotional wellbeing. And in post menopause, women benefit from guidance on preventing long term health risks such as osteoporosis, cardio vascular disease, mental health and genitourinary symptoms.

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### Yoga for the menopause

Menopause Yoga is a complete holistic practice that combines western medicine with eastern wellbeing under the umbrella of women's self-empowerment. It includes different yoga classes with asana, breathing and meditation techniques tailored to alleviate different menopause symptoms.

The aim is to educate and empower people so that they can embrace their menopause as a positive opportunity to improve their health and wellbeing. Each person's experience of the menopause is individual, however, so here at Menopause Yoga, we provide a simple toolkit of techniques that people can practice at home, or whenever their symptoms arise.

Why do we think it is effective? Because it's an holistic practice that views the menopause as a biological, psychological, social and spiritual transition. Underpinning the yoga practice is a positive philosophy that reframes the medical term 'menopause' as a woman's 'second spring' — it is a time of renewal and an opportunity to flourish. This can dramatically change negative feelings about post menopause.

We also talk about the menopause to break the social taboo and normalise it. This can feel liberating and supportive as we share experiences in women's circles.

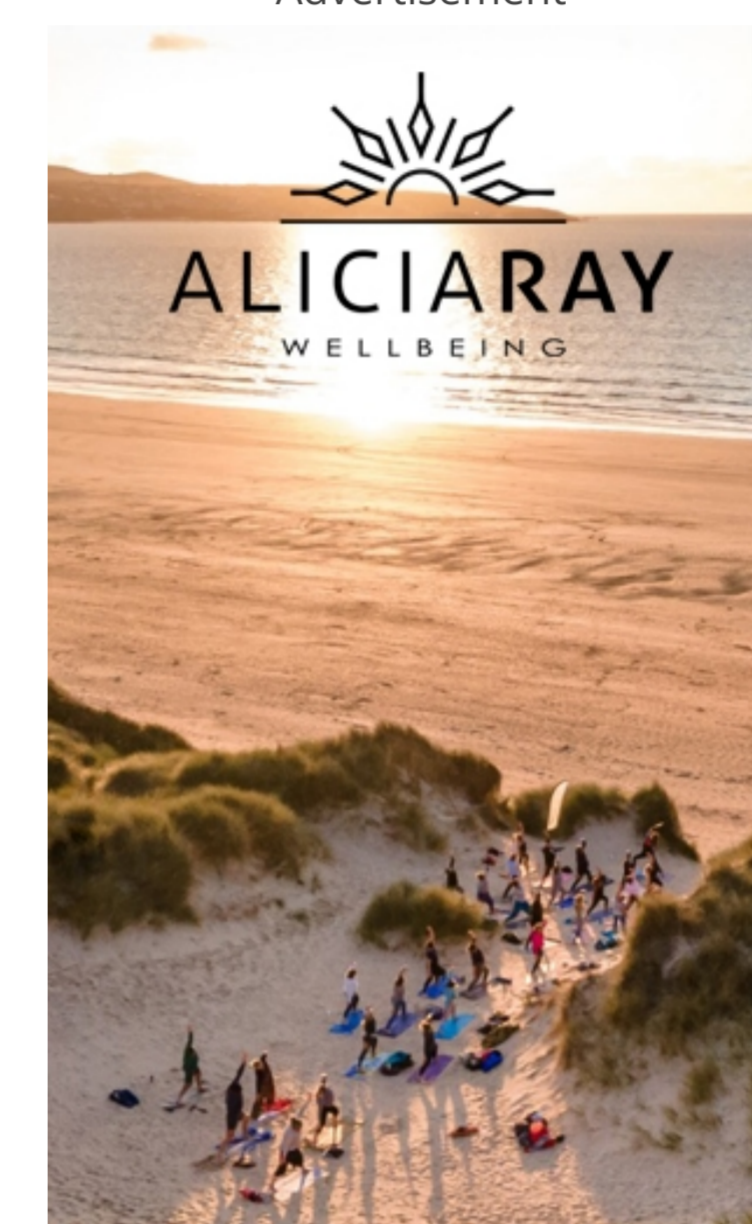
*Petra Coveney is the founder of Menopause Yoga, which she launched in 2013, and the author of the book Menopause Yoga: A Holistic Guide to Supporting Women on their Menopause Journey ([menopause-yoga.com](https://menopause-yoga.com))*

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