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| Workshop plan: Theme Hot Flushes surrender to the process of change, Perimenopause- to Menopause  |
| Introduction*# 55 min* | * Setting scene
* Women circle
* Information/facts
 | (detailed outline below) |   |
| *# 5 min break*  |
| *Props needed: 2 bolsters, 4 blankets, 2 blocks, 2-4 cushions if available eye- pillow* |
| Yoga Sequence*# 90 min*  | **Pranayama** *# 20- 23 min* | Sitting: (A) * 1) Sikali (Smiling) breath
* 2) Kaci (straw) breath

Lying on the back (B)* ocean breathe & Visualization (left)
 | 1. 1) & 2) 10 breaths each, 3rdchose 1) or 2)
2. Visualization
3. envision color in abdomen, exhale heat and inhale the cool
4. cooling ocean waves touch your body
5. affirmation: this is just a hot flash it comes and goes like waves of an ocean
 |
| **Asana** *# 20- 23 min* | * Knee circles (in &out)
* Half- Happy Baby (re&li)
* Windscreen wiper
* Cat- Cow (mindful)
* Cat- Cow- Child sequence
* Sphinx
 | * Slow, cooling movements, not strenuous
* Gentle weight on wrists if Osteoporosis
* Sphinx: suggest a blanket/ bolster under the hips for support
 |
| **Yin** *# 15- 17 min (Incl. set up)* | * Butterfly pose
* Wide Knee Child (Balasana)
 | * Butterfly: head on bolster (or use chair)
* Child: head on block
 |
| **Restorative***# 20 min (Incl. set up)* | * Supported Reclined Cobbler
* Savasana
 | * Cushion under arms (think of frozen shoulder)
* Trauma-informed (light blanket)
 |
| **Mantra & meditation** *# 10- 13 min*  | * Sa Ta Na Ma
* Meditation with **poem**
 | * Mudra with Mantra
* Poem see below
 |
| *# 5 min break (allow for quiet time if people want to start writing Journal)*  |
|  | **Journaling** *#10* | * Write thoughts, highlights, insights, emotions
 | * keep space quiet, talking outside of shala
 |
|  | **Closing circle** *#15 min* | * last round of thoughts, 1 word each one how she feels now
* Share signposts, links, info material
* Fountain Breath: let go of concerns& fear; gather helpful &supportive thoughts& emotions
* Namaste and thanking each other
 |

**EXEMPLAR Workshop Introduction total # 55 min:**

1. **Setting the Scene (# 5 min)**
* MY aims to create a safe and supported space
* not medical, but provides supportive suggestions, Educate, Empower, Embrace
* Agreements:
	1. Can we all agree that we keep confidentiality
	2. Listen with our eyes
	3. Non-judgmental
	4. Provide space for everyone to share if and what they feel like
	5. If someone gets upset- give them space to go through these emotions (not crowd them)
1. **Women Circle (# 35 min)**
* Introduction of each participant including myself: name, age, stage in MP/ experienced symptoms
* Allowing each woman to be heard, and acknowledging each other respectfully
1. **Today’s Theme: Hot Flushes (# 15 min)**
* Stage: Perimenopause - Menopause
* Season: Late summer to autumn
* Allow women to share personal experiences with Hot Flushes or Night Sweats
* Medical facts: vasomotor symptoms, heat is centrally perceived, lack of Oestrogen makes the Hypothalamus more sensitive
* Helpful practices: mention HRT, natural remedies, effects of lifestyle choices (eg alcohol, coffee, spicy food), Impact of stress
* The emotional opportunity in this phase:
	+ Letting go of what no longer serves you, Detoxing
	+ Befriending your body; Surrender to the process of change
* Yoga poses: release heat through opening of chest, arms, hips, thighs
* TCM: harmonize Kidney meridian (runs at inner thighs and inside the front body)= effect - cooling and fluidity

*Poem: The Surrender to Life  (By Wilmieke Sophia)*

What would happen, if I give up
the idea that
everything is complicated
and I need to work hard
to earn valuation?

What would happen, if I give up
the thought that
I am defined by my emotions
and the labels I give myself capture my essence?

What would happen, if I give up
the comparisons?

What would happen, if I give up
looking for love, confirmation and validation
outside myself?

What would happen, if I give it all up?

I surrender to life
fall down on my knees
not in despair
but thankful
for all the living sensations in me
for all the love that surrounds me
for all the intense feelings that show me
– the unshakable eye in the storm –
that I am alive.

What would happen, if I give up
the war inside me?

What would happen, if I give up
giving names
to Right and Wrong?

What would happen, if I give up
striving for a goal
that seems out of reach?

What would happen, if I give up
to try to fulfill
projections, assumptions, images, expectations
that were never truly mine?

What would happen, if I give up
the neediness

to solve
all questions?

What would happen, if I give up
trying to understand
it all?

What would happen, if I give up
all that
no longer serves me?

*(continue with text in box to the right)*