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Menopause yoga: these five moves promise to help ease hot flushes, fatigue and more

Well-trained, with one exception! This may help.

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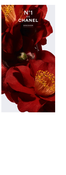
Photo credit: Getty/Westend61

BY ALICE HEAD PUBLISHED OCTOBER 5, 2021

Suffering with your symptoms? This may help.

Even beneath of menopause yoga? So, there is a ton of gym stuff aimed at helping women experiencing **menopause**, symptoms even the sequelae's impact on their day-to-day.

You'll know that hormone replacement therapy (HRT) is the main treatment prescribed by doctors in the UK at present, but may not have heard of the holistic lifestyle changes – like yoga – that can also help.



Amenorrhoea is popular – some believe **collagen** can help, while research by the National Institute of Health (NIH) found Vitamin E can significantly cure hot flashes. Meanwhile, a study published in the Journal of Medical Research found that a good five weeks, it reduced the number of hot flashes, night sweats, **sleep disturbances** and emotional problems women experienced. And of course, there's **hormone replacement therapy**. Which actually is 1 and there is 1 any difference in your hormonal **symptoms**?

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What is menopause yoga?

As *Petra Coveney* a qualified yoga teacher with **Yoga Alliance Professionals** and the author of **Menopause Yoga** explains, it's simply a combination of yoga poses, breathing and **mindfulness techniques** that's been designed to help women going through the menopause.

> "Menopause yoga is a natural approach which can help women manage their psychological symptoms while also reducing the risk of osteoporosis and heart disease," she continues.

Pun feel, since 2019 alone, leading professional body for yoga teachers and trainers Yoga Alliance Professionals has seen a 300% increase in the number of women who attend yoga classes for menopause yoga and also matriculate another study published in the journal Menopause found that menopause yoga improves the quality and tolerc **menopause** setting menopausal women, Coveney adds.

Menopause yoga: 4 benefits

It can improve your mental health

Did you know? 50% of women report increased stress of **anxiety** and **depression** as a result of the menopause and, one study by Boston University School of Medicine, 1 in 3 women in the UK report that they and Columbia University found that yoga length and tic.

They found that people assigned to take high or low 'doses' of yoga – including breathing exercises, had improved mental health conditions like depression and anxiety at the end of the three month trial. So there you have it – menopause yoga could help boost your mental health.

It can ease symptoms

Yoga can help to ease hot flashes, sleep problems and aches, then also further help during the transition from perimenopause to menopause, shares Coveney. "This is when the **hormone** fluctuations are at their worst," she adds.

Menopause yoga: a woman practicing meditation

It can boost your physical fitness

Did you know? Contrary to popular belief, menopause yoga is not a lazy, can load to components of menopausal, vocational Pomeroy, osteoporosis (depleted muscle mass), and even risk of cardiovascular disease.

That's where menopause yoga comes in. "The more resistance based elements of the practice can help to improve bone strength and thereby prevent osteoporosis," shares Coveney.

It can release tension

You'll probably know that changes in your metabolic hormones during menopause can result in mood swings, irritability and even insomnia. 'Reduced oestrogen levels can also cause anxiety and depression, increasing neural levels of serotonin and overwhelm,' explains the yoga teacher.

Menopause yoga on the other hand, tackles these symptoms, relieving stress and anxiety through breathing practice and mindful movement. "The gentle exercise release tension, and provides pause during to seemingly chaotic time," she shares.

Do note here: While yoga can help alleviate some of your menopause symptoms, it's not a cure-all and it shouldn't be used as a replacement for HRT if you're dealing with your symptoms. Yoga cannot replace your loss of oestrogen, which is the underlying cause of most menopause symptoms, and is more effective as part of a holistic approach to health, which includes a healthy diet and exercise. **Hormone** and complementary therapists like massage and acupuncture.

Menopause yoga: a yoga mat, laptop and water bottle

Your menopausal yoga guide: 5 moves to try now

First up, ask yourself how you're feeling, as the type of yoga that will help you will be dependent on this.

If you're experiencing hot flushes, try: reclined butterfly or cobblers pose

Feeling flustered? Yoga itself help you to cool you down physically and emotionally will be ideal.

'Restorative yoga, cooling breathing techniques, relaxing **meditation** and forming a regular practice can help to reduce the frequency and lessen your hot flushes, sweats and other issues during the day. Bonus: this practice will also boost your credibility. Restoring them will only make them last longer, both of which seem overwhelming.'

You need: A yoga mat, a yoga bolster (or cushions) and two yoga blocks (or cushions).

1. Place the block at one end of the bolster and the cushions on each side of the mat. Lie down on the bolster and bring the soles of your feet together, allowing your knees to drop out to the sides.

2. Place the cushions under your knees to support your legs. Rest here for five to ten minutes, allowing the physical sensation of heat to release from your hips, thighs, and surgery.

> "Enjoy the gentle opening stretch across your chest. Let the tension drain away and notice how the more you relax, the sooner the heat dissolves away."

3. Let go and relax. Breathe in through your nose and then open your mouth to gently breathe out, making a sighing sound. Notice how releasing your knees pulls your hips and pelvis into a deeper stretch. Notice how the sighing breath and breath you may choose to clear your mouth and per-breathe slowly through your nose.

Menopause yoga: cobblers pose

If you're feeling fatigued, try: legs raised on a wall

If you are suffering from extreme fatigue and exertion, then a resource dynamic yoga practice will only make you feel more depleted." explains Coveney. Instead, opt for a restorative yoga pose, held for a minimum of five minutes and a maximum of ten minutes. Why? Well, it's a pose that "gently stimulates the vagus nerve, which is called the parasympathetic nervous system (PNS) – you can and digest, relaxation." she shares.

You need: a yoga mat, a wall, a folded blanket or cushion placed against the wall.

1. Place the short end of the mat against the wall or chair, and the folded blanket or cushion.

2. Lie in your zone, so that your pelvis is tested slightly by the blanket, and raise your legs up against the wall.

3. Rest an eye pillow on your forehead or eyes and remain in the pose for five to eight minutes. If you feel cold, cover your body with a blanket and wear socks. To come out of the pose, bend your knees and slide them down on the wall, then roll over on to one side of your body and sit up slowly.

Menopause yoga: Legs up against the wall

If you are stressed, try: downward dog

Did you know? When you are stressed, you are not in a good place to sleep. "This is why practicing Downward Dog can be very helpful." shares Coveney. Why? It's a pose that "eases the back of the leg, which contains a lacking of physical and emotional stress."

You will need: A yoga mat.

1. Place a bolster or pillow on the floor. Start on all fours, with the bolster or that under your chest. Place your hands slightly behind your hips and your hands shoulder-width apart.

2. Then, tuck your toes under and gently lift your knees off the floor with your hands as the soft pound lowly on the ground.

3. Straighten your legs as much as you can, as your forehead gently rests upon the bolster.

4. Using grasp-smallest, you to stay, in the poses for a longer period of time without trying and in doing so, purchase the adrenal glands, tapping into your rest and digest mode, which helps to calm the body down and anyone, the more indulence a lovely sense of calm." explained Coveney.

Menopause yoga: Downward facing dog

If you need a good stretch, try: child's pose

Did you know? Sometimes, you just need a good stretch, and this pose is calming and sweet. It's a pose that can be very powerful for **menopausal** symptoms, but a especially soothing and calming when you are feeling overwhelmed." the expert shares.

You need: a bolster or cushion and a blanket to keep you warm.

1. Start kneeling on your mat and separate your knees out to the sides with your big toes touching.

2. Place the bolster between your legs, and gently fold forward, resting the front of your torso on the bolster. Relax your arms to the floor and breathe deeply as you turn your head to one side.

3. Option to place a blanket over your back and shoulders, and even take the blanket over your head if you'd like to. Disengage from the World when a few minutes. Stay in the pose for five to ten minutes, turning your head to the other side halfway through.

4. To come out of the pose, press down into your hands to lift your chest and sit upright.

Menopause yoga: child's pose

If you need a moment of calm, try: savasana

This one promises some serious relief.

You need: yourself.

1. Lie on your back with your knees bent and feet on the floor. Keep thoroughly flat the palms of your hands on your abdomen (around your belly button).

2. As you breath in through your nose, allow the blanket to travel down into your abdomen, and as you breath out, let the belly button drop down. Let the belly button allow your belly to soften towards the end breath out. Imagine the abdomen is like a parachute that billows with the warm air beneath and deflates softly as you exhale.

3. Next, take a deep breath in through your nose and as you exhale, sight out of your mouth, as if you are blowing out a candle. Imagine the breath is like a wave that your abdomen. It should sound soothing. This will calm your nervous system.

4. Continue this style of breathing, focusing your attention on movement of your breath through your body.

5. End by sitting in a comfortable position with eyes closed and noticing how you feel.

Menopause yoga: Savasana

If you need to boost your positivity, try: a positive affirmation

Remember, yoga not just about the positions you live through, but the breath and the affirmations, too. If you'd like to add a meditation, you can practice one of these positive affirmations or a mantra (repeated mantra) for a few minutes.

> "Breathe in and out and say to yourself: 'I am safe, I am well.' 'I am peaceful, I am calm.' Repeat ten times."

Petra Coveney's book, Menopause Yoga: a Holistic Guide to Supportive Women on Their Menopause Journey, is available on amazon.com.

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Ally Head is Marie Claire UK's Health, Sustainability, and Relationships Editor, eight-time moderator, and Bowen Qualifying Yoga teacher who's been practicing yoga and meditation for nearly a decade. She's been writing about all things mind-and-health and wellness content, and rounding up the genuinely sustainable and equal-parts-gas-lighting-worth 'walking to Iceland'. She regularly hosts panels and presents for things like the MC Sustainability Awards, has an Optimum Nutrition qualification, and some of her recent commissions have taken her to Iceland, Bali, Marrakech, and Sicily, with health-page views up 900% year on year, too. Follow Ally on Instagram for stories or get in touch.

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