**Menopause Yoga™ & Wellbeing**

**40-hour teachers training course**

**With Petra Coveney**

# Introduction

Welcome to **the Menopause Yoga & Wellbeing Course.**

This 40-hour Module can be used for both personal and professional development.

The content is experiential, practical and informational. Teachers are encouraged to view the transformative training as an opportunity for their own self-study, reflection and personal growth, as well as learning a specialist style of yoga and the skills required to support women through this stage in life.

**Language:** ‘Women’ is the term most commonly used to refer to people going through the perimenopause and menopause. This is a medical term that describes the end of fertility caused by the decline in hormones oestrogen, progesterone and testosterone that are produced in the ovaries.

However, this genderised language does not reflect the fact that transgender men, and non-binary people also experience these changes in hormones.

So, while I use the term ‘women,’ I also use the phrase ‘people going through the menopause.’

**What is Menopause?**

Menopause is a transformative time in a person’s life when they may experience symptoms caused by the fluctuations and decline in hormones. These hormonal changes can cause physical, emotional and psychological symptoms that may destabilise health, work, relationships and sense of self.

An estimated 13 million women in the UK aged 45-60 are currently going through one of the stages of menopause (perimenopause to post menopause), and 1 in 4 experiencing severe symptoms that negatively impact their lives, work and relationships. There are more than 34 recognised symptoms, which can include: hot flushes, night sweats, anxiety, insomnia, fatigue, low mood, irritability, depression, midriff weight gain, headaches, bloating and joint and muscle pain – and more! There is a growing demand for yoga teachers to support these people.

Those women who are not struggling with the hormone changes in perimenopause may also enjoy the community experience of attending your Menopause Yoga workshops and the other information you share on wellbeing (nutrition, herbal remedies etc).

While HRT (Hormone Replacement Therapy) is now prescribed by doctors in the UK and many other countries, this may be contra-indicated for people who have a history of breast cancer or coronary heart disease in their families. Many people choose not to take HRT or may combine HRT alongside herbal remedies, nutrition, exercise etc.

Studies undertaken by the British Menopause Society have shown that yoga, breathing techniques, Cognitive Behaviour Therapy and Meditation are helpful for women in menopause. Menopause Yoga was created to combine these techniques in a specialist style and approach to menopause. The Menopause Yoga course and workshops also include general guidance on holistic wellbeing that you can include in your workshops.

**What is Menopause Yoga (MY)**

***‘MY seeks to Educate and Empower women to Embrace menopause.’***

Menopause Yoga (MY) includes both a positive approach to menopause and a toolkit of techniques to support women on their menopause journey.

The MY method **Educates** women by providing trusted information in a supportive and confidential space, plus a tool kit of techniques that they can take home and use according to their individual needs.

The toolkit includes specially adapted yoga, breathing, CBT and meditation techniques. They are also given information about nutrition, natural remedies, supplements and other lifestyle changes they can make to ‘Nurture & Nourish’ their way through menopause.

Every woman’s experience of menopause is unique, so Swadhyaya Self Study is an essential for developing a greater awareness of symptoms, triggers and responses. In MY, we do this practice through journal writing. It is the teacher’s role to encourage the journal writing and unlocking its usefulness.

MY ultimately aims to **Educate** and **Empower** women to **Embrace** Menopause as an opportunity to take a pause from their daily lives… to restore their energy, recalibrate their way of living, and reconnect with the voice of their inner teacher. While some of the yoga sequences are restorative, others are energy boosting or focus specifically on symptoms such as hot flushes and anxiety.

The women’s circles are an integral part of MY. They enable women to realise they are not alone, to share experiences and support one another. These are widely enjoyed and women report feeling empowered and supported as a result.

**Menopause Yoga course leader**

The Menopause Yoga TT has been created by Petra Coveney who is a senior teacher and trainer for the BWY, Yoga Alliance Professionals and Yogacampus.com with more than 500 hours of teacher training. Petra is the first yoga teacher to be accepted into the British Menopause Society (BMS) for medical and health practitioners and works with Dr Louise Newson and Dr Shahzadi Harper, menopause specialists and campaigners on women’s menopause rights and education. She is also a member of the Australasian Menopause Society and Yoga Australia.

She is the author of ‘Menopause Yoga – a holistic guide to supporting women through their menopause’ published by Singing Dragon (2021).

Petra teaches Menopause Yoga & Wellbeing workshops, retreats and one-to-one sessions across the UK and in other countries including Japan, Bali and Australia.

She developed this style of yoga and wellbeing after going through an early menopause herself and realising that there was no single source of medical advice, group support or yoga for women. All her GP was able to offer was HRT. She used this as a motivation to help others.

Through her own research into western medical research, exploring eastern complementary therapies, delving deep into traditional Indian yoga poses, meditation and pranayama, Chinese Qi Gong movement, and discovering hormone balancing practices from other cultures, Petra has created a holistic approach called Menopause Yoga. Her workshops and teacher training also include Wellbeing advice and guidance.

**MY course content:**

Trainees will have 5 days of live in person contact time. In addition, trainees will be requested to submit homework (journal writing & a lesson plan) estimated to take 10 hours. This should be submitted within the deadline date.

**MY Module course outcomes:**

This Module course can be used for both personal and professional development.

As a BWY accredited Menopause Yoga teacher, you will receive the training needed to lead Menopause Yoga & Wellbeing Workshops and classes.

Graduates will be able to run Menopause Yoga & Wellbeing workshops and classes. *Please note that the content does not equip you to teach one to one clients who may have serious and more complex physical and mental health conditions as a result of their menopause. The course has been accredited by the British Wheel of Yoga and Yoga Alliance Professionals as a further training CPD module for 200 hour qualified yoga teachers.*

Trainees will also receive:

* MY course handbook
* You may also opt in to receive Petra Coveney’s Menopause Yoga monthly newsletter with updates on news, events, yoga and products relating to menopause.

Please note: this module does NOT qualify you to offer individual medical advice to women who must be advised to seek professional advice. The course provides an overview of Ayurveda, nutrition, natural remedies, supplements, and other lifestyle changes that a woman can make to support herself through menopause. The course does NOT qualify you to act as an Ayurvedic practitioner, counsellor, naturopath, nutritionist or expert in any other complementary therapy.

**Entry requirements**

1. This course is only open to yoga teachers with 200 hours qualification.

2. A good level of English is important to undertake reading and writing course tasks.

3. Coursework needs to be typed and submitted by email. Handwritten coursework will not be accepted.

**Continuing support:**

**Petra hosts monthly FREE CPD sessions for graduates of this course to upskill and stay in contact with each other. There are also Facebook and Whats App groups.**

Where possible, Petra Coveney will endeavour to answer emails from graduates with specific questions within a reasonable timeframe 48 hours), and to signpost to helpful resources within her knowledge.

Menopause is a rapidly developing area of medical research and a growing market for complementary therapies and products. Through her monthly newsletter, Petra Coveney will seek to keep graduates informed of these developments and, where appropriate offer future CPD opportunities. Due to GDPR regulations, *graduates will need to sign up to receive her newsletter*.

**Assessment and Evaluation**

# Teaching practice on the final day of the course.

# Trainees will each teach a short 15-minute Menopause Yoga class of yoga poses, breathing techniques and meditation on the final day of the retreat. This teaching will be observed with feedback notes given on the day as part of a group learning experience.

* You also need to write a 3-hour workshop plan that includes a 90 minute class using the training resources that will be made available to you.
* And you need to keep a journal for 4 weeks and submit your reflections on what you have observed and your advice and guidance on journaling for other women in your workshops.

# Attendance

A 100% attendance rate is required for successful completion of this intensive course.

# Progression

This course has been designed to give you the knowledge and experience to become a Menopause Yoga & Wellbeing teacher with digital accreditation certificates from the BWY and Menopause Yoga.

You and your students will benefit from your new knowledge and insights into Menopause and the toolkit of techniques that you can use to support women on their unique menopause journey.

However, the factual information on medical aspects of menopause, Ayurveda, nutrition, natural remedies etc. is intended only as an overview providing general principles. You may seek to further your own knowledge after the course.

Please note that this module course will **not** qualify you to give one-to-one advice to women on medications such as HRT, or alternative therapies such as Ayurveda, menopause nutrition, supplements or natural remedies, and you will not be qualified to act as a counsellor. You will be able to teach the Menopause Yoga sequences and toolkit of techniques, and share your general knowledge of nutrition, supplements, natural remedies, and complementary therapies in group settings such as workshops and group classes.

Menopause can be a traumatic time of upheaval both physically, emotionally and psychologically. You will be given an awareness of Mental Health Emergency First Aid according to the guidelines from MIND the mental health charity. You will be encouraged to signpost women to other professional experts and services using trusted sources recommended on the course. This is an overview and not a MIND training.

# Aims, objectives and outcomes

**The Module aims to:**

1. Provide an overview of Menopause: the biological impact, the medical fact and the historical and cultural context that can impact on a woman’s experience of menopause.
2. Present a structured guide to the basic principles of Menopause Yoga with specially adapted yoga poses, breathing and meditation techniques and CBT that can help women manage common symptoms of menopause, such as hot flushes, anxiety, insomnia, fatigue, irritability and mood swings, brain fog, low mood and hormonal depression.\*
3. Provide an overview of complementary approaches that can improve a woman’s Wellbeing during and after menopause. This includes general principles of nutrition, natural remedies, supplements, Ayurveda and the Vata dosha, and other lifestyle changes women can make.

\*Women are always advised to consult a doctor or medical expert on any serious health concerns. Menopause Yoga can help alleviate some symptoms but is not intended as an alternative to

**By the end of the course, participants should be able to:**

1. Understand menopause as a natural biological phase in a woman’s life, the health risks and medical approaches, and to communicate these accurately and factually to women.
2. Understand the principles behind Menopause Yoga and apply these in teaching.
3. Be equipped with information to lead Menopause Yoga and Wellbeing workshops and classes.
4. Have a deeper insight into their own experience of menopause (peri, menopause or post menopause).
5. Apply the principles of Menopause Yoga & Wellbeing to their own lives.
6. Continue their own research and reading into Menopause

**The Module will cover:**

1. Menopause: the biological and medical facts
2. Menopause: historical and cultural overview
3. Menopause: Yoga, Breathing, Meditation principles and specially adapted poses
4. Menopause: overview of Cognitive Behavioural Therapy for Hot Flushes
5. Menopause Wellbeing: an overview of how Ayurveda and the Vata dosha applies to menopause, Nutrition and exercise, Natural Remedies and Supplements, other lifestyle changes women can make.

**Any questions please email:** **petra@menopause-yoga.com**

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