

The UK's top holistic wellness magazine

# NATURAL HEALTH

THERAPIES | BEAUTY | WELLNESS | MEDITATION | ESCAPES

## NATURAL HORMONE HEROES

Holistic solutions to balance mind, body and soul

*Jasmine Hemmley*

*"Wellbeing is never one size fits all"*

LISTEN TO YOUR NEEDS ON P10

### TOP WELLNESS ADVICE

#### CHAKRA DANCE

Release negative energy and lift your mood

#### YOUTH BOOST SUPPLEMENTS

We reveal the 9 best anti-agers

#### MUDRA PRACTICE

The one mindful ritual you need to try

*How to  
BREAK FREE  
from your own  
JUDGEMENT  
& THRIVE*

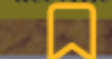
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# SYMPTOM-EASING POSES



## Yoga poses can help keep you calm and relaxed during perimenopause, says Petra Coveney

**Y**oga can help women alleviate some of the common symptoms which take place during the transition from perimenopause to menopause. Below, Petra Coveney, course teacher at Movement for Modern Life, founder of Menopause Yoga™ ([menopause-yoga.com](http://menopause-yoga.com)) and author of *Menopause Yoga – a Holistic Guide to Supporting Women on Their Menopause Journey* (@menopause\_yoga) outlines three yoga poses you can try at home to support you during perimenopause and into the menopause.

### Symptom: hot flushes

This pose can help teach you not to resist and fear your hot flushes but learn to accept and relax into them, by helping to release physical heat and heated emotions.

### Reclined butterfly pose:

Lie down on a bolster (or cushion), bring the soles of your feet together and allow your knees to drop out to the sides.

- Place a block (or book) at one end of the bolster and cushions on each side of the mat under your knees to support your legs.
- Place an eye pillow on your forehead or eyes.
- Rest here for five-10 minutes, allowing the physical sensation of

heat to release from your hips, thighs and armpits. Enjoy the gentle opening stretch and let the tension drain away.

### Symptom: insomnia/fatigue

This pose will help you rest more, as you can use your yoga practice to help you take a meno-pause and help prepare your body for sleep.

### Legs up the wall pose:

- Place the short end of the mat up against the wall or chair and lie on top of a folded blanket, so that your pelvis is raised slightly.
- Raise your legs up against the wall (a yoga belt can help keep them in position).
- To help you relax, rest an eye pillow on your forehead or eyes, or wrap a blanket around you to shut out external sounds and help you feel warm, comfortable and cosy.

### Symptom: anxiety

Menopausal anxiety can create a sensation of tightness in the throat and shallow breathing, which can make us panic. Child's pose, is a simple go-to pose, as resting your forehead on the mat can be mentally calming for when you feel overwhelmed.

### Child's pose:

- Start kneeling on your mat and separate your knees out to the sides

with your big toes touching.

- Reach your hands forward and slowly lower your chest towards the mat.

- Rest your forehead onto your hands, stack your fists on top of each other, or use a yoga block or chair to make the forward fold comfortable for you.

For more information or to take Movement for Modern Life's 5-week Menopause for Modern Life programme, visit [movementformodernlife.com/course-menopause-for-modern-life](http://movementformodernlife.com/course-menopause-for-modern-life)

