

# Yoga for Menopause

A Holistic Approach to the Health and Fitness of Women over 50



## Learning Objectives

- ✓ Define menopause and describe six physical changes associated with menopause.
- ✓ List the five Klesha (afflictions) which compromise or inhibit progress in yoga.
- ✓ List the five sequential stages for women's ways of knowing. Give an example of how a woman determines the truth at each of these stages.
- ✓ Teach three techniques that tone the pelvic floor muscles (Kegel exercises, Elevator exercise, Aswini mudra).
- ✓ Teach the Laterality breathing technique.
- ✓ Teach five adjunct mind-body fitness techniques to promote health and well-being for women over age 50. (These include - Tapping, eye exercises, jaw and mouth exercises, fingers & hands exercises, feet & toes exercises, an easy and safe inversion – either Viparita Karani or Salutation pose, abdominal compression exercise.)
- ✓ Teach three meditations for stress reduction and good health. (Guided Relaxation, Self-healing meditation, New Day meditation).
- ✓ Identify six yoga poses that are contraindicated for Carpal Tunnel syndrome.
- ✓ Create and teach a yoga class which consists of 12 – 15 postures that is appropriate for women at the age of menopause.