

# 30HR MENOYOGA® YOGA FOR MENOPAUSE TEACHER TRAINING SCHEDULE

AS FEATURED IN

omyoga  
& lifestyle

**LIVE ONLINE TRAINING - Friday 8th & Saturday 9th December 2023**



This Menoyoga® Yoga for Menopause training is for anyone interested in the transitional time of perimenopause and menopause and aims to deepen your knowledge of this period and give practical ways to manage the transition into midlife with yoga.

Taught and presented by Sally with talks by expert guest speaker Rachel Boon, a naturopath and herbalist specialising in women's health, this Menoyoga® Yoga for Menopause training focuses on the anatomy and physiology of the perimenopausal and menopausal woman and is particularly helpful for yoga teachers wanting to tailor their offerings in this field, as well as anyone with a sound knowledge and experience of yoga and an interest in the menopause.

**You do not have to be a yoga teacher to attend this training; the training is open to all yoga practitioners, regardless of gender, all you need is a foundational understanding of yoga and a keen interest in this subject.**

If you are a yoga teacher, this training will enable you to register 30 hours of learning with Yoga Alliance (US) or Yoga Alliance Professionals (UK). These 30 hours are made up of live in-person training hours, studying pre-recorded material and completing coursework.

**Exclusive to this training, we have experienced naturopath, herbalist and women's hormonal health specialist Rachel Boon talking about hormonal health and how to support the perimenopausal and menopausal woman in a non-pharmaceutical way. [www.rachelboon.co.uk](http://www.rachelboon.co.uk)**

**Please note, for this training you will need to bring: A yoga mat, a yoga belt and 2 x yoga blocks**

## **Day 1**

9.00am - Introductions

9.30am - Yoga asana and breathwork for menopause with Sally

11.00am - Rachel Boon (naturopath and herbalist) talks to us about what perimenopause and menopause actually is, the hormonal changes in perimenopause and menopause and how we can manage the symptoms associated with this cycle.

1pm - Lunch

2pm - Talk with Sally on how perimenopause and menopause affects the musculoskeletal system and how yoga asana can be adapted for midlife. (Part 1)

3.00pm - 15min tea break

3.15pm - Solar Yoga Flow - an energising yoga asana class with Sally to remove heat and reduce anxiety

5.00pm - Finish

## **Day 2**

9.00am - Talk with Sally on how perimenopause and menopause affect the musculoskeletal system and how yoga asana can be adapted for midlife. (Part 2)

10.30am - Rachel Boon talks to us about HRT and natural medicines for perimenopause and menopause.

12.30pm - Lunch

1.30pm - Discussion and group work on the POSITIVES of perimenopause and menopause!

2.30pm - Lunar Yoga Flow - a calming yoga asana class for feelings of depletion, low energy and/or low mood.

3.45pm - 15min tea break

4pm - Restorative Yoga and Yoga Nidra for menopause

5.00pm Closing and Finish